



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIT BODY BLITZ



Lunchtime Interval Training SOUTHSIDE YMCA

- ◆ Lunchtime Interval Training to ignite the fire within you. Two training levels available; you choose your path.
- ◆ This small group training is High Intensity Interval Training utilizing body weight exercises, weights, plyometric exercises, ropes, running, pushing and pulling
- ◆ 4 weeks/8 sessions of fun and rigorous exercise to get your body in great shape! *Space is limited to 8 people per session*
- ◆ **Intermediate Training = Ignite the Fire**
Bored with your workout; need that push to move on the next level?
- ◆ **Advanced Training = Torch it Up**
Working Hard already but need that extra push to set the BEAST FREE?

LIT Body Blitzed by Joey Godfrey
4 Weeks, 8 Classes
\$75 per YMCA Member

Southside YMCA
Tuesdays and Thursdays
June 5th—28th

Register at the front desk of
Southside YMCA
8482 Perkins Road
(225) 766-2991

Intermediate: 12:15—1:00 pm
Advanced: 1:00—1:45 pm