



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

7/11

## LIVELY LOW IMPACT

### What is it?

Lively Low Impact is a 60-minute class that is an energetic, effective low-impact aerobic class with varied intensities.

### Who is it for?

This class is for individuals who want to “move” but don’t want to bounce during their workout.

### What do I wear?

Wear comfortable clothing and athletic shoes.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Lively Low Impact, and they will direct you to the Aerobic Studio or Gym (depending on YMCA location).

### How do I register?

This is a free program for members only. See our current Group Fitness Schedule for class days and times or call 436-9622.

### Other information?

Contact: Downtown Center 436-9552

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.