



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

7/11

## STEP

### What is it?

This 30 or 45-minute class (depending on Y location) is a fun and challenging workout using steps. New patterns and exciting moves keep you motivated. Class starts with a warm-up, then a challenging stepping portion, a cool-down, and ending with some stretching.

### Who is it for?

This class is for all fitness levels. Workout at your own level by adjusting step height and choosing from various intensity options demonstrated by our instructors.

### What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely –shorts, T-shirt, sweatpants, etc.

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

Come to the front desk and tell them you are here for Step, and they will direct you to the Aerobic Studio or Gym (depends 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:	Broadview Center	436-9541
	Downtown Center	436-9552
	West Side Center	436-9533
	East Side Center	436-1230

#### 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 or visit our website: [www.greenbayymca.org](http://www.greenbayymca.org).