



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8/11

INTENSITY X

What is it?

Intensity X is a 3-day a week class made to completely transform your body by improving all areas of your fitness. The focus of this class is not only strength training, but enhancing flexibility and balance with yoga and improving cardiovascular conditioning with kickboxing and plyometrics. The constant variety of exercises will help you achieve any health and fitness goal.

Who is it for?

Intensity X is designed for men and women of all fitness levels.

What do I wear?

Wear workout clothing such as shorts, t-shirts, and athletic shoes.

Where do I go?

Stop by the Front Desk and ask where the Intensity X class is being held.

How do I register for class?

Drop by the YMCA front desk, call 436-9595 or register on line – www.greenbayymca.org with Discover, Visa or MasterCard.

Other Information

Contact:	Broadview Center	436-9541
	Downtown Center	436-9552
	East Side Center	436-1250
	West Side Center	436-9533

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.