




## GROUP EXERCISE CLASS COMMITMENT CHALLENGE!



**Between now and January 31 ask your Group Ex instructor for a Commitment Punch Card. Attend 16 classes between now and April 8, 2017 and drop the completed card in the challenge box in the Adams Room.**

**Every completed card is eligible to win a variety of prizes! Make sure you have the instructor initial the card at the end of every class.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**COMMITMENT CARD**  
Your goal is to complete 16 Cardio Step Together classes in 60 days!

Start Date: \_\_\_\_\_  
End Date: \_\_\_\_\_  
Staff Name: \_\_\_\_\_

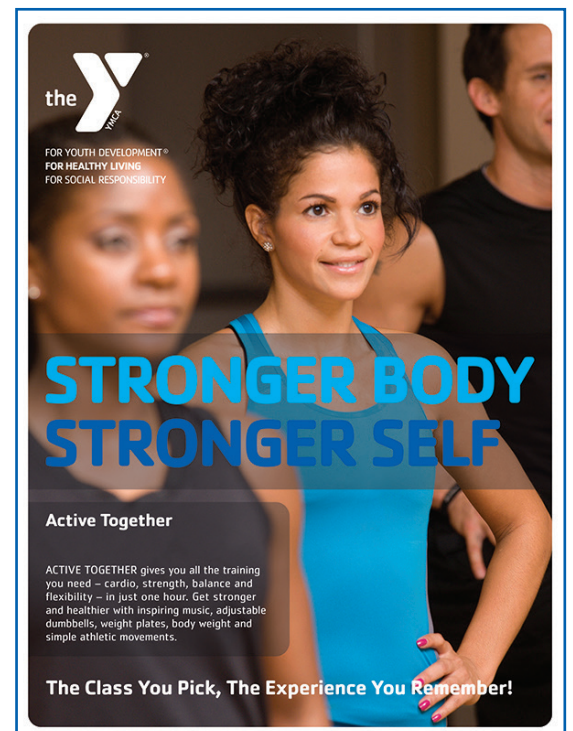
**\*INSTRUCTOR MUST INITIAL AFTER EACH CARDIO STEP TOGETHER CLASS**

## NEW NAME – SAME GREAT CLASSES!

This week the Y will be launching new Group Ex routines from Mossa. Mossa creates and choreographs the Group Active, Group Power, etc., classes that we offer here. The Y-USA recently partnered with Mossa so that the same great classes can be taught at YMCA's across the country. There may be new names BUT you will still experience the same high quality routines that are created by fitness professionals with popular music from today and yesterday.

Group Ex classes are an excellent way to improve your health and fitness level, here's why:

- **Classes are fun**
- **Meeting at the same time helps create an exercise habit**
- **Instructors will show ways to customize the workout to fit your needs**
- **You will be around fitness minded people**
- **Ability to make new Y-Friends**



**Group Active is now Active Together**  
**Group Power is now Strength Train Together**  
**Group Groove is now Groove Together**  
**Group Core is now Core Focus Together**  
**Group Kick is now Defend Together**  
**Group Blast is now Cardio Step Together**

**Should you have any questions about these Group Ex classes, contact Jayne Trosin at 413-773-3646 ext 448.**