

What is Body Pump?



- BODYPUMP™ is for anyone looking to get lean, toned and fit—fast.
- This full-body workout will burn up to 430 calories, shape and tone your entire body, increase core strength and improve bone health.
- This program is based on THE REP EFFECT, a scientifically proven formula that exhausts muscles using light to moderate weights, while performing high repetitions—this is the secret to developing lean, athletic muscle without adding bulk.

Body Pump schedule - All classes meet in Group Fitness Studio 2

DAVIS FAMILY YMCA

| Day | Time | Instructor |
|----------|-------------------|------------|
| Tuesday | 8:00 to 8:55 am | Ashley |
| Tuesday | 5:30 to 6:25 pm | Eliza |
| Tuesday | 7:30-8:25 pm | Tiffany |
| Thursday | 8:00 to 8:55 am | Eliza |
| Thursday | 10:00 to 10:55 am | Ashley |
| Thursday | 5:30 to 6:25 pm | Roseann |
| Friday | 10:30 to 11:25 am | Val |
| Saturday | 10:30 to 11:25 am | Tiffany |

No registration required. Included in your YMCA membership.

What Do I Need?

- All equipment is supplied—just show up with comfortable clothes, supportive shoes, and a water bottle.

How often should I do a BODYPUMP class?

- Recommend no more than two to three classes a week, and make sure you have a day off in between.

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