

LES MILLS BODYPUMP® What is LesMills BodyPump®-What is CXWORX™? **LES MILLS CXWORX**

- **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.
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- **CX WORX™** provides the vital ingredient for a stronger body...exercising muscles around the core!
 - All the moves in **CXWORX™** have options, so it's challenging **BUT** achievable for your own level of fitness. Simply put, it's functional core training in just 30 minutes.

**Body Pump & CXWORX™ schedule - All classes meet in Group Fitness Studio 2
DAVIS FAMILY YMCA**

Day	Time	Instructor
Monday-CXWORX	5:30 to 6:00 p.m.	Tiffany O.
Tuesday-BodyPump	8:00 to 8:55 a.m.	Eliza R.
Tuesday-CXWORX/Cardio Blast	5:30 to 6:00 p.m.	Hailey R.
Tuesday-BodyPump	7:30-8:25 p.m.	Tiffany O.
Thursday-BodyPump	8:00 to 8:55 a.m.	Eliza R.
Thursday-BodyPump	5:30 to 6:25 p.m.	Tiffany O.
Saturday-BodyPump/Cardio Blast	7:15-8:10 a.m.	Eliza (Winter 1)
Saturday-BodyPump	10:30 to 11:25 a.m.	Tiffany O.

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 & CX WORX 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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