



EXCLUSIVELY AT THE YMCA

RIPPED

RESISTANCE • INTERVAL • POWER • PLYOMETRICS • ENDURANCE • DIET

Members Only | No Registration Required

September 8 - December 31

Tuesdays 7:00-8:00 p.m.

Wednesdays 4:30-5:25 p.m.

The one stop body shock system. The name stands for R.esistance, I.nterval, P.ower, P.lyometrics, E.ndurance and D.iet. Each component of the workout provides a different body response, so your body never gets accustomed to the constantly changing format. Lots of variety, lots of fun!

Cost: FREE to Y Members only

THE Y'S **BEST KEPT SECRET**

CARDIO. WEIGHTS. FUN. DONE.

