

NEW! Y-FIT GYM



There is Fit... and then there is Y-Fit!

In our NEW Y-Fit Gym, members will be able to drop in for the “workout of the day” and train like athletes! This cross training room includes a rig with a barbell rack, pull-ups bars with assistance bands, gym rings, TRX suspension trainers, wall balls, plyo boxes, kettlebells, jump ropes, a rowing machine, battle ropes, and plenty of open space for body weight exercises! All of these elements can be combined in endless ways for high intensity workouts that are functional and varied...bringing you a new challenge each day!

Want to complete your “workout of the day” in a group setting under the guidance of a trainer? We will offer classes throughout the week at various times! Keep an eye out for our Y-Fit class schedule online at www.mankatoymca.com

Feeling stuck? Bored of your usual routine? Ready to take your fitness to the next level? Now is the time to become Y-Fit!

The Y-Fit Gym will be open for drop-in use by members 18 years of age and older anytime that the YMCA is open and a scheduled class is not in session.