



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Marathon Class Fundraiser

Join us for a 4-hour marathon workout! We will be having on going ZUMBA, Kickboxing, Yoga, Boot Camp, Cycle, and more. Come for all four hours or just one. Classes will run continuously in the gym and aerobics room.

Class in Aerobics Room	
Time	Class
9:00-9:30	Cycle
9:30-10	Yoga
10-10:30	Cycle
10:30-11	Boot Camp
11-11:30	Pilates
11:30-12	ZumbaToning
12-12:30	Cycle
12:30-1	Yoga



Classes in Gym	
Time	Class
9-10	Zumba
10-10:30 C1	Cardio Mix
10-10:30 C2	Crossfit
10:30-11:30	Kickbox
11:30-12 C1	PowerHour
11:30-12 C2	TBB
12-1	Zumba

All proceeds from the fundraiser go towards a new stereo in the gym for group exercise classes! Water will be provided and all participants will get a free Purple bracelet!

Cost:

Through 3/23/12 - \$10 member and non-member

Day of event 3/24/12 - \$15 member and non-member

Registration: Opens March 1, 2012 through March 24, 2012

When: March 24, 2012 – 9am to 1pm

LAMPETER-STRASBURG Y

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