



LIVESTRONG™

FOUNDATION

# FITNESS FRENZY

February 11, 2017

7:00 a.m.–10:00 a.m.

LA PORTE COUNTY FAMILY YMCA  
LA PORTE BRANCH

Come experience group fitness at the Y and take a step towards a healthier lifestyle. Each sample class will be 30 minutes long and take place in various locations throughout the building (class locations will be available the day of the event).

## COST

\$5 for members

\$10 for non-members

Complete 4 classes and be entered into a drawing to win various prizes. All proceeds will go to LIVESTRONG® at the YMCA.

<b>7:00–7:30</b>	<b>7:30–8:00</b>
Step and Tone (Sara)	Step and Tone (Sara)
Bootcamp (Varya)	Bootcamp (Varya)
Spin (Susy)	Spin (Susy)
Aqua Zumba (Sarah)	Aqua Zumba (Sarah)
<b>8:00–8:30</b>	<b>8:30–9:00</b>
Butt and Gut (Tara)	Butt and Gut (Tara)
Yoga (Varya)	Yoga (Varya)
Tabata (Christina)	Tabata (Christina)
Aqua Boot Camp (Mary Jane)	Aqua Boot Camp (Mary Jane)
<b>9:00–9:30</b>	<b>9:30–10:00</b>
Power Cut (Elizabeth)	Silver Sneakers (Bill)
Pilates (Penny)	Pilates (Penny)
Zumba (Caitlin)	Zumba (Gail)
Rip-N-Ride (Erin)	Rip-N-Ride (Erin)

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals.



Visit [www.lpymca.org](http://www.lpymca.org)

## La Porte County Family YMCA

La Porte Branch  
901 Michigan Ave  
La Porte IN, 46350  
(219)325-9622

Michigan City Elston Branch  
1202 Spring St., Door K  
Michigan City, IN 46360  
(219)221-4055

Long Beach Branch  
2501 Oriole Trail  
Long Beach, IN 46360  
(219)879-1395

Andrew Avenue Outdoor Center  
1400 Andrew Ave.  
La Porte, IN 46350  
(219)325-9622

Childcare & Learning Center  
2510 Monroe St.  
La Porte, IN 46350  
(219)326-7646