

# EXPRESSfit @ STUDIO

Power through your lunch break with our NEW lineup of express classes designed to get you in, out and fit in 30 minutes!

## **TUESDAYS & THURSDAYS:**

### **EXPRESSfit TRX Training**

**12:15pm – 12:45pm**

Suspension straps that utilize total-body weight at various angles. Helps build a rock-solid core and increases muscular endurance. Benefits people of all fitness levels.

### **EXPRESSfit Yoga Flow**

**12:45pm – 1:15pm**

A Vinyasa style of Yoga based on Hatha Yoga tradition. This class involves linking traditional Yoga poses together to create strength, flexibility, endurance and balance. This well-rounded class is safe and effective for most levels of fitness and ability levels.

EXPRESSfit workouts are INCLUDED in your YMCA membership! Not a member? Sign up for our EXPRESSfit exclusive package for \$99!!