



# NEW CLASS!



Join Us for an Unforgettable Experience with lasting benefits!

## Sprint 8 Cycle 8 Week Program at Oak Park YMCA

Monday, September 16th -  
Friday November 8th  
10:15am-10:45am


**Oak Park YMCA**

900 Long Blvd, Lansing MI 48911

# \$24

This 8 week course will condition both the aerobic and anaerobic processes of the heart muscle and strengthen all three muscle fiber types in a time efficient manner! All levels are welcome, must commit to all 8 weeks 3x a week for optimal results. Cost \$24 (\$1 per class) to enjoy long lasting health benefits, register at the welcome center!

**Register Today!**

 517-827-9700

 [www.lansingymca.org](http://www.lansingymca.org)