



find a
stronger
you

Sundays | 9:30 a.m.

What is BODYPUMP?

LES MILLS BODYPUMP™ is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster. The encouragement, motivation and great music you get in a BODYPUMP class will help you achieve better results than you would ever get on your own.

Benefits of BODYPUMP

BODYPUMP is based on the rep effect, scientifically proven to develop lean, athletic muscles without the need for heavy weights. Each workout will help you:

- › Shape lean, toned muscles
- › Burn calories
- › Improve bone health
- › Build your core strength

LES MILLS
BODYPUMP

OLD BRIDGE FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY

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Here for all.

Financial assistance is offered based on availability of funds.