



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WICKED WORKOUT

## October 30th

Join us for this thriller of a night starting at 4:30 pm and experience a new Les Mills class, with BRAND NEW TRACKS, every 20 minutes! Finish the evening with a full hour of Zumba! Get a taste of the amazing fitness classes at your Ottumwa Family YMCA!

### LINE UP!

BodyFlow  
BodyVive  
BodyCombat  
CX WORX  
BodyStep  
BodyPump  
Zumba



### What is this event?

It's the launch of a **NEW** track for Les Mills BODYVIVE, BODYPUMP, BODYSTEP, BODYCOMBAT BODYFLOW and CX WORX, plus a rockin' costume party full of "Tricks & Treats!" Then stay for a "Thriller" of a Zumba class with some great new songs!

### Who is this event for?

Everyone who enjoys a good workout and is ready to dress up in a costume or come in black & orange to bring in the Halloween spirit and you could even win a prize!!!

### Does this event have an additional cost?

NO! This event is FREE for our members, and don't forget to bring your workout buddy because they get in FREE as well! Don't forget to bring the kids with you for FREE Kids Cove while you take classes!

### Where is this event located?

The Ottumwa Family YMCA Fitness Studio in the northwest corner of the gym.

You'll Have A  
Spooktacular  
Time!

