

STEP UP YOUR FITNESS!

POP-UP STEP CLASSES CHIPPEWA FALLS YMCA

Join us for an energetic pop-up step classes where fitness meets fun! Perfect for all levels, this class combines traditional step aerobics with strength training and killer beats. Whether you're new to step or a seasoned pro, you'll enjoy a full-body workout that boosts cardio, tones muscles, and burns calories.

FREE with YMCA Membership!

Where: Group Exercise Studio 9:30-10:15AM

When: Select Wednesdays

Instructor: Carolyn Thomas



OCTOBER 16
NOVEMBER 13
DECEMBER 11

