

# FITNESS AT THE FAIR

## CHIPPEWA FALLS YMCA



### Get your FREE workout in before the fair fun begins!

The Chippewa Falls YMCA is excited to partner with the Northern Wisconsin State Fair to offer free fitness classes to the community at the fairgrounds during the fair. Classes are limited to 20 participants and reservations are required. Visit [WWW.YMCA-CV.ORG/GROUPEXERCISE](http://WWW.YMCA-CV.ORG/GROUPEXERCISE) to reserve your spot.



**CLASSES will run from July 12 – July 17, 2022  
and will be held on the Northern Wisconsin State Fair Grounds.**

#### **Tuesday – H.I.I.T. Cardio with Carrie from 8 – 9 AM**

This class is a high energy, all cardio workout that will have you sweating, smiling and having fun! You will experience various styles of cardio using high intensity interval training. All levels welcome.

#### **Wednesday – Lower Body Blast with Kristin from 8 – 9 AM**

Work through traditional lower body exercises to increase your strength and tone your legs, glutes and calves. No equipment will be used. This class is geared for all fitness levels.

#### **Thursday – Upper Body Blast with Kristin from 8 – 9 AM**

Using resistance bands, perform a wide variety of exercises to tone and sculpt each muscle group in the upper body. This class is geared for all fitness levels.

#### **Friday – 5k Friday Run/Walk with Brady 5:30 – 6:30ish AM**

Start your day with a 5K! Our instructors will lead you on a 5K (run or walk) outside of the fairgrounds.

#### **Saturday – Zumba with Tara 8:00 – 9:00 AM**

Perfect for everyone; we take the "work" out of workout by mixing low intensity moves for an interval-style, calorie burning fitness dance party.

#### **Sunday – Sunday Stroll with Kristin – 3:00 – 4:00 PM**

Take in the last day of the fair with a 45 minute walk throughout the grounds. This will be a low impact walk with lots of good conversation and fresh air. What a great way to finish fair week!



**RESERVE YOUR SPOT AT [WWW.YMCA-CV.ORG/GROUPEXERCISE](http://WWW.YMCA-CV.ORG/GROUPEXERCISE)**