



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCK YOUR WORKOUT CHAMBERSBURG YMCA

POUND®
ROCKOUT. WORKOUT.

New classes start Sept. 4th
Cost: Y Member-\$3.00/class
Non-Y Member-\$8.00/class

No pre-registration required!
Join in when you can make it!

TUESDAYS 10-11AM with BRITTNEY

Channel your inner Rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique—all while rocking out to your favorite music!



YMCA Members & Non-YMCA Members Welcome!

Contact Brittney McClure at bmclure@chbgym.org or 717-263-8508 for additional information