



STEPPING UP OUR GAME!

STEP CLASSES COMING TO THE READING YMCA

TUESDAYS

STEPPING WITH A "SMILE"
with James
Small Gym | 5:30 PM

This stellar, introductory step class incorporates a step bench with different movements, teaching participants safe posture to avoid injury.

THURSDAYS

STRENGTH STEPPING
with James
Small Gym | 5:30 PM

No pain, no gain! Strength Stepping combines proper step technique with strength training equipment such as barbells, body bar, and kettle weights to tone and tighten the muscles.