eliminating racism
empowering women
ywca

MEDIA ADVISORY / PHOTO OPPORTUNITY

Classes start April 5, 2010

Train Like An Ancient Roman

New Gladiator Workout at YWCA of Minneapolis

WHAT: What role do sand bags, tractor tires and sledge hammers have at the gym? A new fitness class at the YWCA of Minneapolis is using unusual tools to build overall strength and conditioning. This intense new workout is for people looking to take their fitness routine up a notch.

Participants will be challenged to push and pull tractor tires, tug climbing ropes, swing sledge hammers, hoist sand bags and lift PVC pipes filled with water. The hour-long workout is jam packed with movements that will not just build muscle, but strengthen the entire body.

The Gladiator Workout is the opposite of outdated isolation training techniques and is one of the most effective total body workouts around. Each session incorporates a series of intense intervals that boost overall athleticism and burn body fat. Men and women will get the chance to train like ancient Romans and develop newfound strength.

Classes take place in an interactive small group setting with expert YWCA fitness trainers. Both members and non-members are welcome to register.

The YWCA Gladiator Workout is inspired by the trend toward functional fitness pioneered by Crossfit, Inc. and the Caveman Workout at Minnesota-based Athletic Performance Inc.

WHEN: **Free Sample Classes offered March 29 – April 3**

Classes begin April 5, 2010

Midtown YWCA	Monday6 a.m.	
	Friday	7:30 a.m.
Uptown YWCA	Thursday	6 p.m.
	Saturday	2:30 p.m.

WHERE:

Midtown YWCA	**Uptown YWCA**
2121 East Lake Street	2808 Hennepin Ave. South

PHOTO OPPORTUNITIES:

- Capture the reactions of YWCA members trying out new fitness classes
- Talk with Jill Winegar, fitness expert, and other YWCA trainers about the health and fitness benefits of training like a gladiator!

About the YWCA of Minneapolis

The YWCA of Minneapolis is a nonprofit organization striving to empower women and girls and eliminate racism. The YWCA of Minneapolis has been empowering women and girls since 1891 and is a community leader in health and fitness. The YWCA of Minneapolis has approximately 20,000 members at three health & fitness locations - Downtown YWCA, Midtown YWCA, and Uptown YWCA.

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