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## RAPID CITY YMCA LAUNCHES EXCLUSIVE LES MILLS BODYPUMP™

*New class offering at the Rapid City location helps build strength and muscle fast.*

RAPID CITY, SD January 6, 2025 – The Rapid City YMCA is excited to announce the addition of Les Mills BodyPump classes, exclusively offered at the Rapid City YMCA location at 815 Kansas City Street, Rapid City beginning the week of January 6<sup>th</sup>.

This in-person class is the original Les Mills barbell class that strengthens the entire body. This 55-minute workout challenges all major muscle groups by using the best weight-room rep exercises like Squats, Presses, Lifts and Curls. Participants will burn calories, shape and tone their entire body, increase core strength and improve bone health. Classes are offered at a variety of times throughout the week and weekend, and are included at **no additional cost** to YMCA members.

Chris Russo, Director of Operations for the YMCA of Rapid City states, "We're excited to be the exclusive West River fitness center offering Les Mills BodyPump. The class is geared to all fitness levels and taught by our highly-experienced group exercise instructors who have completed multi-day training and testing with nationally-acclaimed Les Mills. Instructors will coach participants through scientifically-backed moves and techniques while pumping out encouragement, motivation and great music".

Want to learn more? Stop by to try a **free** Les Mills BodyPump class January 6-10. Register in-person at the Rapid City YMCA, 815 Kansas City Street between the hours of 5am and 9pm.

Questions? Please contact the Y at 605-718-9622 and visit our Group Exercise schedule at <https://shorturl.at/jCRkx> for class days/times.

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### **About the Rapid City Y**

Driven by its founding mission, the Rapid City Y has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at [rcymca.org](http://rcymca.org).

### **About Les Mills**

Les Mills International is the global leader in group fitness and creator of over 25 programs including BODYPUMP™ and BODYCOMBAT™. Les Mills workouts are delivered by 130,000 certified Instructors in 22,000 gyms across 100 countries and each workout is refreshed and updated with new choreography and music every three months. The company was founded by Les Mills – a four-time Olympian who opened his first gym in 1968 with a vision to bring elite sports training to the masses.