



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**DID YOU KNOW THAT THE FOLLOWING CLASSES
ARE FREE IF YOU ARE A MEMBER OF
THE YMCA?**

Mon, 6:30pm - Power Hour

Tues, 8:15am - Power Hour

Tues, 9:30am - Silver Sneakers Classic

Tues, 6:00pm - Aqua Total Body Blast

Tues, 6:30pm - Cardio Blast

Wed, 10:15am - Silver Sneakers Yoga Stretch

Thurs, 8:15am - Power Hour

Thurs, 6:00pm - Aqua Total Body Blast

Thurs, 6:30pm - Power Core & Cardio

Fri, 10:30am - Silver Sneakers Classic

Sat, 9:00am - Mix Class

