



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?

Mondays:

Cardio Drum Class: 9:45 am – 10:15 am

Aqua Cricket Class: 4:00 pm – 5:00 pm (Offered M, W, F)

AquaDANCE Class: 6:00 pm – 7:00 pm (pool)

Tuesdays:

Power Hour: 8:15 am – 9:15 am (Offered T & TH)

Silver Sneakers Classic: 9:30 am – 10:30 am

Aqua Total Body Blast: 6:00 pm – (Offered T & Th)

Wednesdays:

Body Barre Class: 9:00 am – 10:00 am

Silver Sneakers Yoga Stretch: 10:15 am – 11:00 am

Power Core and Cardio: 5:30 pm – 6:30 pm

Thursdays:

Silver Sneakers BOOM MOVE: 9:15 am – 9:45 am

Fridays:

Silver Sneakers Classic: 10:30 am – 11:30 am

Lap Swim is available everyday for FREE for Y Members!