



Group Fitness Saturday Shake-Up

9:00am

April 2018

<u>Date</u>	<u>Class</u>
April 7th	Strength Train Together
April 14th	Cardio Step Together
April 21st	Active Together
April 28th	Strength Train Together
May 5th	Balance and Flex Together

*Proper footwear is required. Sneakers, running shoes, etc. are required to participate in classes.

**Schedule subject to change due to low class attendance.

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