



Group Fitness Saturday Shake-Up
9:00am
May 2018

<u>Date</u>	<u>Class</u>
May 5th	Balance and Flex Together (MBA)
May 12th	Strength Train Together (Mandy)
May 19th	Classes Cancelled
May 26th	Cardio Step/Strength Train Together Combo (Nicolette)
June 2nd	Strength Train Together (Erin)

*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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