



## Group Fitness Saturday Shake-Up 9:00am April 2019

<u>Date</u>	<u>Class</u>
April 6 <sup>th</sup>	Strength Train Together (Katie)
April 13 <sup>th</sup>	Active Together (MBA)
April 20 <sup>th</sup>	Cardio Step Together(Erin)
April 27 <sup>th</sup>	Active Together (Sara)
May 4 <sup>th</sup>	Strength Train Together (Katie)

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

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