



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

<u>Date</u>	<u>Class</u>
June 1 <sup>st</sup>	Strength Train Together (Holly)
June 8 <sup>th</sup>	Push, Pull, Move (Marsha)
June 15 <sup>th</sup>	Active Together (MBA)
June 22 <sup>nd</sup>	Strength Train Together (Katie)
June 29 <sup>th</sup>	Cardio Step Together (Jackie)

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

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