



Group Fitness Saturday Shake-Up 9:00am March 2019

<u>Date</u>	<u>Class</u>
March 2 nd	Strength Train Together (Mandy)
March 9 th	Active Together (Erin)
March 16 th	Strength Train Together (Katie)
March 23 rd	Cardio Step Together (Erin)
March 30 th	Active Together (MBA)
April 6 th	Strength Train Together (Katie)

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

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