



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

<u>Date</u>	<u>Class</u>
May 4 th	Strength Train Together (Katie)
May 11 th	Active Together (MBA)
May 18 th	Push, Pull, Move (Marsha)
May 25 th	Strength Train Together (Katie)

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

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