



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

<u>Date</u>	<u>Class</u>
November 3 rd	Strength Train Together (Katie)
November 10 th	Core/Strength Combo (Marsha)
November 17 th	Strength Train Together (Erin)
November 24 th	Active Together (MBA)

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

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