



## Group Fitness Saturday Shake-Up

### 9:00am August 2018

<u>Date</u>	<u>Class</u>
<b>August 4<sup>th</sup></b>	<b>Cycle30 Together</b> 9:00-9:30am(MBA) <b>Cycle30 Together</b> 9:35-10:05am (MBA)
<b>August 11<sup>th</sup></b>	<b>Strength Train Together (Mandy)</b>
<b>August 18<sup>th</sup></b>	<b>Active Together (Sara)</b>
<b>August 25<sup>th</sup></b>	<b>Cardio Step Together (Erin)</b>
<b>September 1<sup>st</sup></b>	<b>Core/Strength Combo (Marsha)</b>

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

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