



## Group Fitness Saturday Shake-Up 9:00am September 2018

<u>Date</u>	<u>Class</u>
October 6 <sup>th</sup>	Active Together (Sara)
October 13 <sup>th</sup>	Core/Strength Combo (Marsha)
October 20 <sup>th</sup>	Active Together Launch!
October 27 <sup>th</sup>	Strength Train Together (Erin)

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

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