



Group Fitness Saturday Shake-Up

9:00am September 2018

<u>Date</u>	<u>Class</u>
September 1st	Core/Strength Combo (Marsha)
September 8th	Strength Train Together (Mandy)
September 15th	Active Together (Sara)
September 22nd	Cycle30 Together 9:00-9:30am(MBA) Cycle30 Together 9:35-10:05am (MBA)
September 29	Strength Train Together (Mandy)

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

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