



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DID YOU KNOW?

There are a lot of FREE classes offered each week at our Y for our members!
The general public can also pay for a drop-in card or punch card!

15-15-15

Cardio Craze

Fast & Furious

Water Warriors

20-20-20

Chair Yoga

Fit Yoga

SilverSneakers®

Arthritis Exercise



CXWORX™



GRIT™



SPRINT™

BODYCOMBAT™*

Cycling



I.T.

Yoga



BODYPUMP™

Cycling Boot Camp

Move Free

YWalk

Cardio Fusion

Cyclelates

Tone It Up

Zumba

Water Works

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