



Winter I Class Schedule

January 2-February 19

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SilverSneakers MSROM 9:00-10:00am June	Seniorobics 9:00-10:00am Cathy	SilverSneakers MSROM 9:00-10:00am June	Seniorobics 9:00-10:00am Cathy	SilverSneakers MSROM 9:00-10:00am Jill	
				SilverSneakers Yoga 10:15-11:00am Jill	
	Boot Camp 6:00-7:00pm Christine		Boot Camp 6:00-7:00pm Christine		
Zumba 6:15-7:00pm Melanie		Zumba 6:15-7:00pm Melanie			
Cycling 7:00-8:00pm Sherry	Yoga 7:00-8:00pm Christine		Yoga 7:00-8:00pm Christine		

**FIRESTONE PARK YMCA
350 E. WILBETH ROAD
AKRON, OHIO 44301
330-724-1255**

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!

