



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Summer Wellness Class Schedule

June 11-August 17

(Note: a 10-week session!)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SS Classic <i>(MSROM)</i> 9:00-10:00 am June EAST	Seniorobics 9:00-10:00 am Cathy EAST	SS Classic <i>(MSROM)</i> 9:00-10:00 am June EAST	Seniorobics 9:00-10:00 am Cathy EAST	SS Classic <i>(MSROM)</i> 9:00-10:00 am Jill EAST
				SS Yoga 10:15-11:00 am Jill EAST
Zumba 6:15-7:00 pm Melanie MPR	Boot Camp 6:00-7:00 pm Ashley GYM	Zumba 6:15-7:00 pm Melanie MPR	Boot Camp 6:00-7:00 pm Christine GYM	
BLT 7:00-8:00 pm Sherry GYM	Yoga 7:00-8:00 pm Christine CLASSROOM		Yoga 7:00-8:00 pm Christine CLASSROOM	

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

