



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Spring Wellness Class Schedule

April 21-June 1

(Note: Only a 6-week Session!)

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

FIRESTONE PARK YMCA
 350 East Wilbeth Road
 Akron, Ohio 44301
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akronymca.org

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

The Y.
So Much More™
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