



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHECK OUT WHAT'S NEW FOR 2012

Grow Stronger

30 minutes strength training class
for the active older adult.

Tuesdays and Thursdays (3rd floor)
10:30am-11:00am

Cycle

We are adding 2 cycling classes to our schedule!

Mondays 12:15pm – 1:00pm
Thursdays 7:00pm-8:00pm

Saturday ZUMBA

Latin fun and fitness returns to Saturday
mornings in Gym 2.

10:00am-11:00am.

Flex n Stretch

30 minutes, **lunchtime** stretch.

Thursdays 12:15pm-12:45pm