

SPRING INTO FITNESS! WEEKEND SCHEDULE

Saturdays

March 16

8:00 AM - **Indoor Cycling** - Denise Treven
9:00 AM - **Zumba** - Steph Zettle-moyer
10:00 AM - **Power Flow** - Jenn Triassi
11:00 AM - **Kickboxing** - Eric Sanders

March 23

8:00 AM - **Bike & Bootcamp** - Amanda Smith
9:00 AM - **Interval Style** - Nadeen Swab
10:00 AM - **Power Flow** - Jenn Triassi

March 30

8:00 AM - **Interval Style** - Nadeen Swab
9:00 AM - **Zumba** - Steph Zettle-moyer
10:00 AM - **Power Flow** - Jenn Triassi

April 6

8:00 AM - **Piloxing** - Karen Murtin
9:00 AM - **Zumba** - Steph Zettle-moyer
10:00 AM - **Barefoot Bootcamp** - Sara Bowman

April 13

8:00 AM - **Total Body Strength** - Steph Zettle-moyer
9:00 AM - **Zumba** - Steph Zettle-moyer
10:00 AM - **Power Flow** - Jenn Triassi

April 20

8:00 AM - **Indoor Cycling** - Denise Treven
9:00 AM - **Zumba** - Steph Zettle-moyer
10:00 AM - **Barefoot Bootcamp** - Sara Bowman

Sundays

11:00 AM - **All Levels Yoga**
3/17, 3/31, 4/14 - Missy Grazio
3/24, 4/7 - Marcy Zyskoski
12:00 PM - **Sunday Cycling** - Amanda Smith
The Y is **CLOSED** Easter Sunday, April 21st!



Looking for an extra incentive to get fit?
Ask the front desk about **Personal Training!**



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FOR HEALTHY LIVING
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