

FRIDAY



**Active Aging with Heather (gym)
8:00 - 9:00 A.M.**

**Strength & Cardio/Queenax with
Heather
9:30 - 10:15 A.M.**

**PiYo with Brittney
10:30 - 11:30 A.M.**

HOBART FAMILY YMCA

FITNESS