

MONDAY



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

**Suspension Training/Queenax with
Randi (fitness center)
9:30 - 10:00 A.M.**

**H.I.I.T. Me with Your Best Shot
with Heather (aerobic room)
5:30 - 6:30 P.M.**

**Weight Loss Meditation with Jerry
(aerobic room)
6:45 - 7:30 P.M.**

HOBART FAMILY YMCA

FITNESS