

THURSDAY



Welcome to TurboKick with Brittney (aerobic room)

9:00 - 9:30 A.M.

Hardcore H.I.I.T with Randi (aerobic room)

9:30 - 10:00 A.M.

Queenax Bridge Basics with Brittney (fitness center)

10:30 - 11:00 A.M.

Fit & Firm with Patricia (aerobic room)

5:30 - 6:15 P.M.

Queenax Power Circuit with Heather (fitness center)

6:30 - 7:15 P.M.

FITNESS

HOBART FAMILY YMCA