



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS BLITZ

CENTRAL YMCA

Join us for 90 minutes of high intensity, high energy, fun while you get in a great workout! This special class is broken into three 30 minute sections; TRX, Spinning, HIIT Circuit.

Saturday, May 20, 2017
9-10:30am

Free to members and \$10 for non-members. Please register at Front Desk.

