



MEMBERS! YOU'RE INVITED!

We've got some exciting new classes we'd love for you to try!

Drop In Classes



*Barre Above Pilates - Wednesday 7:30 a.m. and Thursday 7:00 p.m.

*Les Mills Body Pump/Cardio Blast - Saturday 7:15 a.m.

Pre-Registered Classes

*Bodhi Suspension Pilates - 6 Classes available. Please check our Group Studio Grid

*Ballroom Dancing for couples - Friday 7:00 p.m.

*Reformer/Exo Chair - Monday 8:30 a.m.

Come on...try them out!

DAVIS FAMILY YMCA