

POOL AND OUTDOOR GROUP EXERCISE CLASSES!

ZUMBA WITH SUE - TUESDAY FROM 9:30 - 10:30 AM

BALANCE WITH LAURA - WEDNESDAY FROM 9:30 - 10:30 AM

BARRE WITH ARELENE - THURSDAY FROM 7:30 - 8:30 AM

AQUAFIT WITH TRACY - THURSDAY FROM 6:00 - 7:00 PM (IN POOL)

SLIVER SNEAKERS COMBO WITH LAURA & KRISTAL - FRIDAY FROM 9:30 - 10:30 AM

SIGN UP THRU LINK OR CALL THE Y (315) 789-1616

