



Memorial Day Weekend

YMCA Group Fitness Schedule

Saturday, May 27

- 8:15 am NuBody Plus
- 8:30 am Group Cycling
- 9:00 am Shallow Water Power

Sunday, May 28

- 4:00 pm Power Flow Yoga

Monday, May 29

- Building Hours 8 am - 2:00 pm
- Fitness Center Hours 8 am - 1:45 pm
- Lap Swim 8 - 11am
- Open Swim 11:30 am - 1:30 pm
- No group fitness/water ex classes.



*Please remember those who died while
serving our country.*