



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fall II Wellness Class Schedule

October 27-December 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SS Classic (MSROM) 8:30-9:45a Mya Gym	SS Cardio 9:00-10:00a Cathy Gym	SS Classic (MSROM) 9:00-10:00a Mya Gym	SS Cardio 9:00-10:00a Cathy Gym	SS Classic (MSROM) 9:00-10:00a Jill Gym	
				SS Yoga 10:15-11:00a Cathy Gym	
Zumba 6:15-7:00 pm Melanie Gym		Zumba 6:15-7:00 pm Melanie Gym			
Yoga 6:30-7:45 pm Spencer Classroom		Yoga 6:30-7:45 pm Spencer Classroom		Yoga 6:30-7:45 pm Spencer Classroom	
BLT 7:00-8:00 pm Sherry MPR					

FIRESTONE PARK YMCA
 350 East Wilbeth Road
 Akron, Ohio 44301
 330 724 1255

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

