

CENTRAL YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

Strength & Conditioning

- Tuesday – 9:00am & 6:30pm
- Thursday – 6:30pm

Chair Yoga

- Tuesday – 4:30pm

Strength & Mobility

- Thursday – 9:00am

Cycle Express

- Wednesday – 4:30pm

Dance Fitness

- Tuesday – 5:30pm
- Thursday – 5:30pm
- Saturday – 9:00am

Zumba

- Monday – 5:30pm
- Wednesday – 9:00am
- Friday – 9:00am