

WEST END YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

Strength Training

- Monday – 10:15am & 6:15pm
- Tuesday – 10:15am
- Wednesday – 10:15am & 6:15pm
- Thursday – 9:15am

Zumba

- Saturday – 10:15am

Chair Yoga

- Friday – 10:15am

Dance Fitness

- Sunday – 11:00am
- Wednesday – 8:15am

Tabata Timing

- Saturday – 9:15am