



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE CLASSES

EAST END YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

- Strength and Conditioning
- Strength Training
- Tabata/Strength
- Zumba Gold
- Line Dancing
- Gentle Pilates/Stretch
- Dance Fitness



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE CLASSES

WEST END YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

- Strength Training
- Dance Fitness
- Chair Yoga
- Zumba
- Tabata Timing



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FREE CLASSES

CENTRAL YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

- Zumba
- Strength and Conditioning
- Chair Yoga
- Dance Fitness
- Cycle Express
- Strength & Mobility



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FOR HEALTHY LIVING
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FREE CLASSES

Lake County YMCA

NO REGISTRATION REQUIRED

Walk-ins Welcome – First Come , First Served

CENTRAL

- Zumba
- Strength and Conditioning
- Chair Yoga
- Dance Fitness
- Cycle Express
- Strength & Mobility

WEST END

- Strength Training
- Dance Fitness
- Chair Yoga
- Zumba
- Tabata Timing

EAST END

- Strength and Conditioning
- Strength Training
- Tabata/Strength
- Zumba Gold
- Line Dancing
- Gentle Pilates/Stretch
- Dance Fitness