



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VARIETY IS THE SPICE OF LIFE ON SATURDAYS

HEALTH & WELLNESS

Join us on Saturdays for Weekend Workout!
9-10:15am in the Movement Center

Weekend Workout is different every time. One day it's Zumba®, another day, Step; it is always the perfect place for you to move your body at your pace so you leave feeling energized, strong and oh so good.

January

- 7 Step & Sculpt / Becky
- 14 Boot Camp / Shannon
- 21 Fusion Fit / Jennifer
- 28 Cardio Sculpt / Courtney

February

- 4 Boot Camp / Shannon
- 11 Cardio Sculpt / Courtney
- 18 Fusion Fit / Jennifer
- 25 Zumba® / Lisa

March

- 3 Cardio Sculpt / Courtney
- 10 No Class / Annual Aikido Seminar
- 17 Zumba® / Lisa



For questions, comments, suggestions or ideas please contact Kari, Health & Wellness Director. You can reach her at kari@eugeneymca.org or phone: 541. 686. 9622 ext. 204.

EUGENE FAMILY YMCA

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