



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Saturday Sampler

The YMCA is excited to offer a Saturday Sampler. If you are interested in our Group Fitness classes but aren't sure if they are the right fit, then this Sampler is for you. Come out and sample some of our hottest classes like Yoga, Spin, Body Fit, CardioPump, Cardio Kickboxing and Zumba!

8:00 am–BodyFit (30 min)

8:30am– Butt & Gut (30 min)

9:30am Yoga

9:30am– Spin

10:30 am– CardioPump (30min)

11:00am– CardioKickboxing (30 min)

11:30am– Zumba

Ages

This event is open to all ages and fitness levels starting at age 13.

When

Saturday January 28, 2012

Where

Pine Street YMCA Group Fitness Room

Contact

Simone Mack, Wellness Director (864)585-0306

Program Fee

Members–No Cost

Non members–\$10

PINE STREET YMCA
266 SOUTH PINE STREET SPARTANBURG, SC 29302
P 864 585-0306 F 864 596 4135
www.spartanburgymca.org

