

Saturday Sampler



Explore group fitness classes
offered at the Oak Park YMCA

Large Studio

9:00–9:30am Cardio Drumming with Alison

9:35–10:05am Adult Recess with Molly

10:15–10:45 STT with Alison

10:55–11:25am Tabata with Kelly

SMB Studio

9:00–10:00am Tai Chi with Dan

10:15–11:15am Adult Dance with Alex

Warm Yoga Room

9:00–9:30am Gentle Yoga with Erin

9:35–10:05am Yoga Blend with Erin

10:10–10:30am Beginner Vinayasa Flow with Olivia

10:35–11:30am Vinyasa Yoga with Lee



April 13th
9am–11:30am

Visit www.lansingymca.org/groupfitness for
all our group fitness opportunities!

Join us for snacks, prizes and fun!

These classes are FREE for YMCA members!

Child Watch is available for members (not available for non-members).

Guests (ages 13 and up) can purchase a guest pass for \$15.