

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

## **PORT SULPHUR YMCA**

## **GROUP FITNESS SCHEDULE**

February 2019



MONDA

UESDAY

6:00PM-7:00PM CORE with Dana

EDNESDA

**'HURSDA'** 

9:30AM-10:15AM SENIOR FLEX with Dana

6:00PM-7:00PM CORE with Dana