



PORT SULPHUR YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE SEPTEMBER—DECEMBER



MONDAY

5:30PM-6:30PM F.I.I.T. with Dorrn

TUESDAY

9:30AM-10:15AM SILVER & FIT with Dorrn
6:00PM-7:00PM CORE with Dana

WEDNESDAY

5:30PM-6:30PM F.I.I.T. with Dorrn

THURSDAY

9:30AM-10:15AM SENIOR FLEX with Dana
6:00PM-7:00PM CORE with Dana