

Saturday Sampler Wellness Expo 2022

Classes & Location Schedule

Time	Pool	Multi-Purpose Room	Gym
9:00-9:30		<i>Line Dancing</i> Steve Hatfield	<i>Self Defense</i> Valerie Hollister
9:45-10:15		<i>Functional Motion</i> Cindy Cole	<i>Open Pickleball</i> Pam Kavalesky
10:30-11:00	<i>Splash Aerobics</i> Meryl Fish	<i>Cardio Pump</i> Cassandra DeGoff	<i>Silver Sneakers Stability</i> Valerie Hollister
11:15-11:45	<i>Joint Venture</i> Meryl Fish	<i>Mind Set Meditation</i> Rhonda Giglio	<i>Cardio Kickboxing</i> Laurie Greene

Visit the YWCA Weight Rooms all morning, and meet members of the YWCA Fitness Team. Program information is available in the Osborn Room. Take advantage of our fall fitness specials!