



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Y DAY AT THE MARKET!

# FAMILY HEALTH + FITNESS DAY FITNESS CLASS SCHEDULE

**ALL CLASSES WILL BE HELD IN MARKET SQUARE**

*(by the fountain!)*

**Join us!**

### **8:45–9:15 A.M. | FAMILY FITNESS**

This class is geared for the whole family (Ages 4+) and for every fitness level.

### **9:30–10:00 A.M. | ZUMBA GOLD**

Ditch the workout and join the party! This is an easy-to-follow program set to Latin and International music that lets you move to the beat at your own speed. This class is great for Active Older Adults that prefer a low-impact workout experience.

### **10:15–10:45 A.M. | DRUMS ALIVE**

Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

### **11:00–11:30 A.M. | GROUP GROOVE**

Group Groove is an energizing dance fitness class. You'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced!

**IF YOU CAN MOVE, YOU CAN GROOVE!**