



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Super Saturdays

***April class schedule ***

7:15-8:15- Yoga in the Small Studio

7:05- 8:05- Flywheel in the Large Studio

8:30- 9:10- HIIT

9:15-10:00- Strength & Abs

April 28th 7:05-8:05- Instructor Mash Up



Red Wing Family YMCA
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