

Dickson County Family YMCA



February Sampler Saturday

February 25th

**BRING A FRIEND!
OPEN TO THE PUBLIC**

Join us Saturday & try a variety of our group fitness classes!



<u>Time</u>	<u>Class</u>	<u>Location</u>
8:00-8:30	Strength	Studio A
	Defend	Studio B
8:45-9:15	Zumba Toning	Studio A
	Spin	Studio B
<small>** Bikes are limited. Call ahead and reserve a bike starting at 7:00 am.</small>		
9:30-10:00	AOA	Studio A
	Groove	Studio B
10:15-10:45	Core	Studio A
	Basic Yoga	Studio B
11-11:30	Active	Studio A
	Chair Yoga	Studio B

30 MIN CLASSES / NO JOINING FEE / GIVEAWAYS / SNACKS