

Bay County Fitness Classes July 29 – September 18 2024



For more information contact Beth Trahan / trahanb@baycounty.net

Multi –visit passes (11 classes) can be purchased for \$50
\$5 drop in
A change of shoes required to enter the gym.
Bring your own mat and weights

FITFUN: 9:30a – 10:15a Lo-impact Aerobics, Stretching, Upper and Lower body exercises. All levels welcome!!

***Class canceled:**

*Mon., August 5, Wed. August 7, Fri. August 9

*Monday, September 2 (Labor day)

Lo-impact Aerobics, Stretching, Upper and Lower body exercises. All levels welcome!!

YOGAFIT: 9:30a – 10:15a Tues. and Thurs. All Fitness Levels. Stretching, yoga poses, and meditation.

Class canceled:

*Tuesday, August 6 and Thursday, August 8