



Bay County Fitness Classes October 31 – December 16

- For information contact Beth Trahan / trahanb@baycounty.net
 - *Multi –visit passes (11 classes) can be purchased for \$50*
 - *or \$5 drop in*
 - A change of shoes required to enter the gym.
 - Bring your own mat and weights

FITFUN 9:30a – 10:15a

Mon. Wed. Fri !!! All Fitness Levels.

Lo-impact aerobics, stretching, upper and lower body exercises.

****No class November 9, 11, 14, 25**



YOGAFIT - 9:30a – 10:15a

Tues. and Thurs. All Fitness Levels.

A restorative yoga class with stretching, yoga poses.

****No class November 10, 15, 24**

CARDIO DRUMMING 10:45a – 11:30a Thurs. November 3, 17, December 1, 8 A fun, fast paced workout class using exercise balls and drumsticks. Some floor work, stretching and abdominal exercises are included. ****No Class November 10, 24.**