



Bay County Fitness Classes Summer Session 2019

ALL FITNESS LEVELS WELCOME IN ALL CLASSES!!!!!!!!!!!!!!

Last week of Spring session June 10 – 14

NO CLASSES JUNE 17- 21

Fit Fun

M/W/F June 24 – August 30 9:30a – 10:30a (*No class July 5 and 8*)

A low impact aerobics class. The class includes cardio, strength training and stretching.

Fit in 30

M June 24 – August 28 12:30p – 1:00p (*No class July 8*)

A 30 minute workout with emphasis on strength training, core work, balance and stretching.

Yoga Fit

Thurs. June 27 – August 29 9:30a – 10:30a (*No class July 4*)

A restorative yoga class emphasizing , stretching, basic yoga postures, balance, breathing and meditation.

*Punch cards (11 classes) can be purchased for \$50 or drop in fee of \$5.

Fit in 30 \$3 drop - in.

For information contact Beth Trahan @ 989-894-0671 / trahanb@baycounty.net