



Bay County Fitness Classes Summer Session May 30 – August 31

Classes canceled: June 2, June 29 – July 7 (resume classes July 10)

***FITFUN 9:30a – 10:15a**

Mon. /Wed./ Fri. All Fitness Levels.

Lo-impact Aerobics, Stretching, Upper and Lower body exercises.

***YOGAFIT - 9:30a – 10:15a**

Tues. and Thurs. All Fitness Levels.

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.