



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOCUS ON A HEALTHIER, HAPPIER YOU

2018 FALL FITNESS CLASSES

SHERIDAN COUNTY YMCA

www.sheridanymca.org



Group Cycling
Cardio Mix & Strength
AOA Cardio & Strength
Active Together
Enhance Fitness
Intro to Core
Core, Stretch & Balance
Healthy Back Workshop
Fit Camp
Strength Train Together
Balance & Flex Together
Basic Cycling
Small Group Personal Training
Yoga
LIVESTRONG at the YMCA
Simply Circuit
Y Personal Fitness

NEW CLASSES THIS FALL

Tabata
Cardio Core Kickboxing

Check schedule for days & times