



FOREVER WELCOME.
For a better us.

GIVE the Y a TRY WEEK!

**Non-members are invited to join us Nov. 16-20
to TRY A CLASS OR PROGRAM FOR FREE!**

FREE CLASS SCHEDULE:

GYMNASTICS

Rec Gymnastics

Ages 3-6

Monday: 11-11:45 am

Parent/Child Gymnastics

Ages walking to 3

Tuesday: 9:30-10:15 am

Progressive Gymnastics

Ages 6-12

Thursday: 2-3 pm

AQUATICS

Preschool Beginner

(parent must be in the
pool with child)

Wednesday: 9-9:30 am

Youth Beginner

Friday: 6-6:45 pm

Youth Intermediate

Tuesday: 6-6:45 pm

GROUP EXERCISE

Anything Goes

Monday: 8-8:30 am

Tabata

Wednesday: 8-8:30 am

Interval Challenge

Friday: 8-8:30 am

Zumba@

Friday: 9-10 am

**Registration is required for all classes by calling the
Welcome Desk or email to kfleurette@keene-ymca.org.**

