



KEENE FAMILY YMCA

## Wellness Center Fitness Demos "MEDBALL MARCH"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 6 PM Thomas	4
5	6	7	8 9 AM Zack	9	10 6 PM Thomas	11
12 10 AM Dave	13	14 6 PM Jeff	15	16	17	18 12 PM Zack
19	20 12 PM Peter	21	22 9 AM Zack	23 10:30 AM Stacy	24	25
26	27 6 AM Jeremy	28	29	30	31	

The Y's monthly fitness demos are intended to expose our members to additional exercises that they can add to their workouts, teach appropriate technique to ensure maximum results, and support your health and wellness goals. Each month we focus on a particular muscle group. To participate in this FREE group training session, just meet up with the staff listed above in the Wellness Center at the time designated. Don't know who they are? No problem. They will be wearing Y apparel/name tag and their photo is displayed on the Wellness Desk.