



KEENE FAMILY YMCA

Wellness Center Fitness Demos "FOCUS ON FLEXIBILITY" MAY

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