



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.