



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHEN YOUR BODY

**SAMPLER SATURDAYS**  
**APPLE CREEK YMCA**

**8:30-9:30 AM**

**Winter 2 2017**

February 25 Tabata/Strength-Ann

March 4 TRX Bootcamp-Courtney

March 11 Zumba- Lilia

March 18 Outdoor Bootcamp-Thom

March 25 Kickboxing-Rachael

April 1 Power-Amanda

April 8 Body Weight-Mel



**APPLE CREEK YMCA**

2851 E. Apple Creek Rd. Appleton WI 54913

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