

# Bay County Fitness Classes

## SPRING SESSION March 4 – April 26 2024

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Choose happy  Choose healthy 

For more information contact Beth Trahan / [trahanb@baycounty.net](mailto:trahanb@baycounty.net)

Multi –visit passes (11 classes) can be purchased for \$50

\$5 drop in

A change of shoes required to enter the gym.

Bring your own mat and weights

**\*FITFUN:** 9:30a – 10:15a (No class Friday , March 29 )

Mon. /Wed./ Fri. All Fitness Levels.

Lo-impact . Aerobics, Stretching, Upper and Lower body exercises.

**\*YOGAFIT:** 9:30a – 10:15a

Tues. and Thurs. All Fitness Levels. Stretching, yoga poses, and meditation.

**\*CHAIR FIT:** 11:00a – 11:30a \$3 drop in

Tuesday March 5, 12, 19 April 2, 9, 16

**\*CHAIR YOGA:** 11:00a – 11:30a \$3 drop in

Wednesday, March 6, 13, 20 April 3, 10, 17