

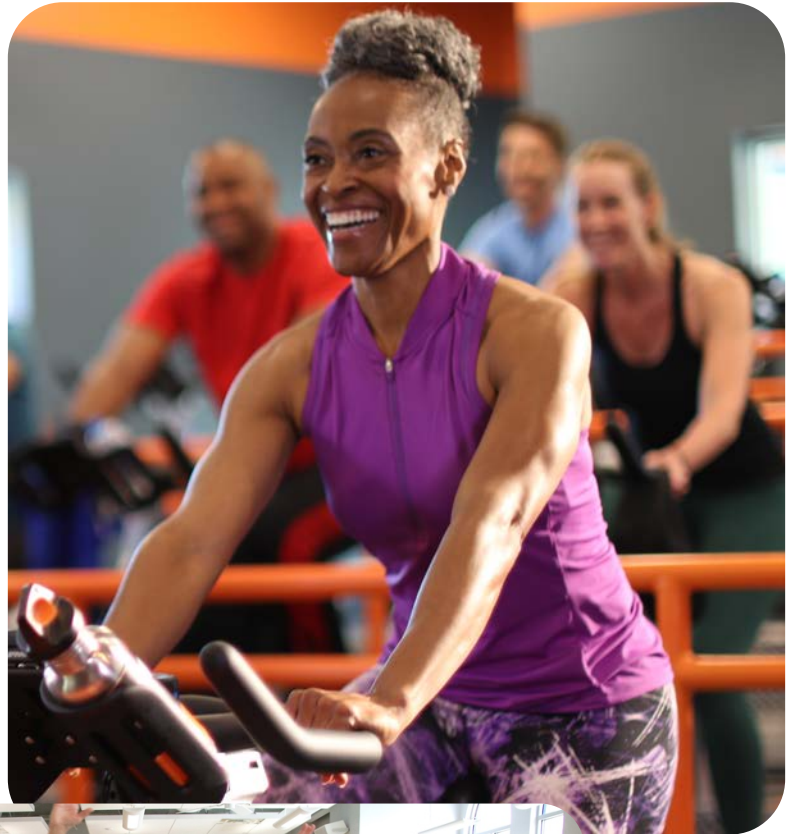


GROUP EXERCISE CLASSES STARTING ON FEBRUARY 1!

CLASES DE EJERCICIO EN GRUPO EMPIEZAN 1 DE FEBRERO!

The Y offers a variety of health and wellness programs for all ages and levels of activity.

- Mondays, 9:30 – 10:30am
Silver Sneakers
- Mondays, 10:30 – 11:30am
Silver Sneakers
- Mondays, 7 – 8pm
Yoga
- Tuesdays, 7 – 8pm
Zumba
- Wednesdays, 7 – 8pm
Yoga
- Thursdays, 7 – 8pm
Zumba



Space will be limited due to safety protocols. Programs offered on first-come basis.

ALLAPATTAH YMCA FAMILY CENTER

2370 NW 17 Ave, Miami, FL 33142 | (305) 635-9622 | ymcasouthflorida.org

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