

# A CLASS FOR EVERY LIFESTYLE



**M**

**Aqua Blast  
with Sue  
6:30-7:30 pm  
Pool**

**T**

**Spinergy  
with Anne  
6:05-7:00 am  
Spin Studio**

**W**

**ZUMBA  
with Jenny  
6:00-6:45 pm  
Fitness Studio**

**Deeply Fit  
with Sue  
6:30-7:30 pm  
Pool**

**TH**

**MIXXEDFIT with  
Courtnee  
5:00-6:00 pm  
Fitness Studio**

**SAT**

**Power Waves  
with Sue  
8:00-9:00 am  
Pool**

**Yoga with Maggie  
10:15-11:15 am  
Fitness Studio**

**TAYLOR BRANCH YMCA**  
50 N. McLean Blvd.  
Elgin, IL 60123

