

# Bay County Fitness Classes

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**May 5 – August 29**

**For more information contact Beth Trahan**

**[trahanb@baycountymi.gov](mailto:trahanb@baycountymi.gov) [989-894-0671](tel:989-894-0671)**

**Multi –visit passes (10 classes) can be purchased for \$45**

**\$5 drop in**

**A change of shoes required to enter the gym.**

**Bring your own mat and weights. All fitness levels welcome**

**FITFUN: Mon./Wed./ Fri. All levels**

**9:00a – 9:45a**

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

**YOGAFIT: Tues. / Thurs.**

**9:30a – 10:15a**

**Stretching, yoga poses, and meditation. ( All levels)**