



# SALT FORK YMCA



We build strong, kids, strong families, strong communities.

**Financial Assistance:** The Salt Fork YMCA is able to provide financial assistance to those who are unable to pay the stated fees for membership or programs. The amount of financial assistance is dependant upon available resources. If you or someone you know could benefit from the YMCA financial assistance, please contact the YMCA.

## Group fitness Schedule

	Mon	Tue	Wed	Thu	Fri	Sat
5:30 am		Intermediate Step Debbie		Intermediate Step Debbie		
8:15 am	Step, Pump, Tone Molly	Toning Fitness Ball Molly	Step, Pump, Tone Molly	Toning Fitness Ball Molly	Step, Pump, Tone Molly	
9:00 am	ADA Alyx		ADA Alyx		ADA Alyx	
9:45 am	Line Dancing Molly		Line Dancing Molly		Line Dancing Molly	
4:30 pm		Beginners Step Ginny		Beginners Step Ginny		
5:00 pm	Ab Class Ben		Ab Class Ben			
5:30 pm	Cardio Kick Boxing Jack	Hi/Lo Jack	Cardio Kick Boxing Jack	Hi/Lo Jack		
6:45 pm	Step, Kick, Tone Julie	Zumba Ashlee	Step, Kick, Tone Julie	Zumba Ashlee		

- All Group Exercise classes are included in your membership!
- Schedule subject to change based on participation and other factors.