



Bay County Fitness Classes

May 20 – July 26, 2024



For more information contact Beth Trahan / 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 Lo-impact Aerobics, Stretching, Upper and Lower body exercises. All levels welcome!!

Class canceled:

Monday, May 27 (Memorial Day)

Monday, June 10, Juneteenth Wed. June 19

Wed. July 3, Friday, July 5, Mon., July 8, Wed. July 10 , Fri. July 12

Lo-impact Aerobics, Stretching, Upper and Lower body exercises. All levels welcome!!

YOGAFIT: 9:30a – 10:15a Tues. and Thurs. All Fitness Levels. Stretching, yoga poses, and meditation.

Class canceled:

Tuesday, June 11,

Tues. July 2, Thursday, July 4 , Tuesday, July 9, Thursday, July 11.