



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ***Turbo Party Rotation*** ***Wednesdays 9:20-10:15am w/ Kristen***

<b>1/11</b>	<b>Turbo Sculpt/Ab Jam</b>
<b>1/18</b>	<b>Turbo Kick</b>
<b>1/25</b>	<b>Step</b>
<b>2/1</b>	<b>PiYo Ball</b>
<b>2/8</b>	<b>Functional Training</b>
<b>2/15</b>	<b>Turbo Fusion (Turbo Kick/ Kick Core Mix)</b>
<b>2/22</b>	<b>Step</b>

*Schedule subject to change at any time*

**C.W. AVERY FAMILY YMCA**  
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Our Mission: To put Christian principles into practice by developing relationships among all persons and providing programs that build healthy spirit, mind and body.

