



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASSES

TRADITION FAMILY BRANCH

Monday @ 8:30am:

YOGA

Monday @ 9:30am:

Chair YOGA

Tuesday @ 10:00am:

Aqua Aerobics

Wednesday @ 9:00am:

LIIT

Thursday @ 1:30pm:

YOGA

MISSISSIPPI GULF COAST YMCA

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