

YMCA's 28th AEROBATHON

Sun. April 7, 2024

1-3pm

Gyms/Studios



Registration opens at 12:30pm

Come ready to move and have fun in this motivating & inspiring workout. This event raises money to keep our Group Fitness classes on the cutting edge of what's happening in health and fitness.

Warm up to Zumba Gold and Combat followed by 10 min demos of...

- TRX
- Pilates
- Body Pump
- Sprint
- Zumba
- Drums Alive

Or choose to attend Yoga from 1:15-2:40pm



All Fitness Levels Welcome!

Open to public - Bring a friend!!

Individual - suggested \$10 donation

Family – suggested \$15 donation

**Door Prizes
Snacks
Water**

2024 GOAL - \$2,000