

# YMCA's 28th AEROBATHON

Sun. April 27, 2025

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



**All Fitness Levels Welcome!**  
**Open to public - Bring a friend!!**

**Individual - suggested \$10 donation**

**Family – suggested \$15 donation**

**Door Prizes**  
**Snacks**  
**Water**

**2025 GOAL - \$2,000**