



KENT GROUP WELLNESS

NOV
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00AM Aqua Fitness Susie—Pool		8:00-9:00AM Aqua Fitness Susie—Pool		
					SUNDAY
					10:00-11:00AM Above the Barre Mia—Studio 1
					10:00-11:00AM Family Fitness Simba—Gym/Morrell Meadows Park
		6:00-7:00PM Above the Barre Mia—Studio 1	6:00-7:00PM Bootcamp Simba—Gym		

FOR MORE INFORMATION, CONTACT: TRISTA HELVEY, THELVEY@seattleyymca.org