



All classes start at 2:15 p.m.  
Downtown Y  
601 N. 4th Street

## Free Fitness Classes Sponsored by Blue Cross Blue Shield of Illinois

### MAY

May 1	Zumba
May 8	Yoga
May 15	Zumba
May 22	Yoga
May 29	Zumba

### JUNE

June 5	Yoga
June 12	Zumba
June 19	Yoga
June 26	Zumba

### JULY

July 3	Yoga
July 10	Zumba
July 17	Yoga
July 24	Zumba
July 31	Yoga

### AUGUST

August 7	Zumba
August 14	Yoga
August 21	Zumba
August 28	Yoga



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Blue Cross and Blue Shield Association

## SEPTEMBER

September 4	Zumba
September 11	Yoga
September 18	Zumba
September 25	Yoga

## OCTOBER

October 2	Zumba
October 9	Yoga
October 16	Zumba
October 23	Yoga
October 30	Zumba

## NOVEMBER

November 6	Yoga
November 13	Zumba
November 20	Yoga
November 27	Zumba

## DECEMBER

December 4	Yoga
December 11	Zumba
December 18	Yoga

# THANK YOU!



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