

Step Aerobics



Step into Tuesday Morning with Tina's Step Class

Tuesday Morning from 5:30 am-6:15 am

Starting on April 2nd

Presented by: Tina Shade

NO Fitness Experience necessary to participate

**Start April right as we introduce this new class and
welcome back one of our instructors**

**If you have any questions please contact the YMCA at (573)754-4497 or email at
josh.chapman@twinpikefamilyymca.org**