



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

First Class: March 14th!

SATURDAY STRIDERS

A NEW social, low-impact fitness group!



Saturdays @ 7AM / Janesville YMCA / Instructor: Chloe

Join us for Saturday Striders, a social, low-impact fitness group designed to promote health, community, and active lifestyles through regular weekly walks. Each class will begin on the JP Cullen track and as the weather warms up, the class will transition outdoors!

This class is welcoming for all fitness levels and is perfect for anyone looking to stay active, enjoy fresh air, and connect with others while walking!

Keep the momentum going by joining Group Power, which takes place immediately after class at 8AM in Studio B, followed by Zumba at 9:30AM in Studio B! Make the Y your Saturday morning!

ymcanrc.org

