



BLACK FRIDAY FITNESS

BLACK FRIDAY FITNESS SCHEDULE CHIPPEWA FALLS YMCA

- 7:00 AM – Cycling/Strength with Kara
- 8:00 AM – Deep Intentions with Kim (water aerobics)
- 8:30 AM – Cardio Blast & Sculpt with Missy
- 9:30 AM – Yoga with Carolyn

**FITNESS CLASS SCHEDULE:
FRIDAY, NOVEMBER 25**

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