



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For Hanover Area YMCA members only:

Trial Classes

Feb 20-25th, 2012

Pre-registration is required.

**Sign up starts Feb 6th for trial and
Spring I classes**



Starting Spring I

Hanover Branch YMCA- Studio B

Body Pump Express

M/W/F—11:05-11:50 AM

SAT—8:35-9:20 AM

Body Pump

T/TH—9:20-10:20 AM

T/TH—6:15-7:15 PM

Only 19 spots available in each class.



Monday- Friday

9 AM

25 Meter Pool