



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAY WEEKEND SCHEDULE

JAMES L. CAMP, JR. FAMILY YMCA

DATE	CLASS	INSTRUCTOR
Saturday; May 5	Cycling	Amanda
Saturday; May 12	Zumba	Tonya
Saturday; May 19	Zumba	Tonya
Saturday; May 26	<b>No Classes Memorial Day Weekend</b>	

**Saturday class is at 9:00 am**  
**Friday classes will resume in September**



## YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.  
[www.ymcashr.org](http://www.ymcashr.org)