



Questions?

Email Vicki Hosterman

vhosterman@gsvymca.org

WHERE FITNESS MEETS COMMUNITY

NEW GROUP EX CLASSES AT THE MILTON YMCA

Whether you're looking to build strength, boost endurance, improve flexibility, or simply move more, our group exercise classes are designed so everyone can find their fit at the Y.

NEW CLASSES AVAILABLE:

Cycle & Strength



Cardio Drumming



Line Dancing



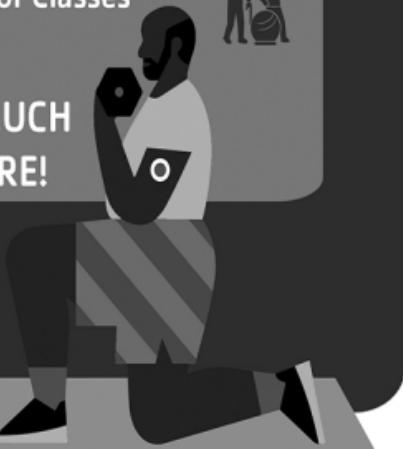
Senior Classes



Kickboxing



& MUCH
MORE!



Register today!

MILTON YMCA

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