



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE CLASSES IN MORE PLACES

THE Y'S ANNEX

Classes are included in your membership! Drop in anytime.

THE Y'S PROVIDENCE HEALTH CENTER
ANNEX IS LOCATED AT

3413 W. PACIFIC AVE. IN BURBANK



Kundalini Yoga w/ Jim Mondays and Fridays 9:00 am

Sit-n-Fit w/ Suzy Mondays 1:30 pm

Chair Pilates w/ Suzy Mondays 2:30 pm

Pilates-Yoga w/ Suzy Tuesdays 1:30 pm

Cardio/ Strength w/ Suzy Tuesdays 2:30 pm

Chair Yoga w/ Gail Wednesdays 1:00 pm

Rockin to the Goldies w/ Wendy Wednesdays 2:00

BURBANK COMMUNITY YMCA
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