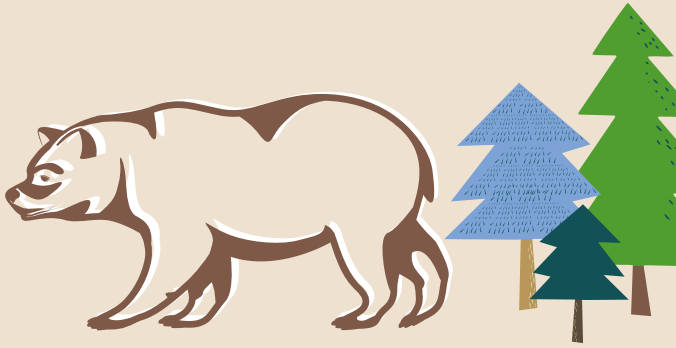
DON'T HIBERNATE.



Free fitness classes near you. All ages and abilities welcome.

Free fitness in Lorain County makes it easier for you to move more, feel better, maintain a healthy weight, & connect socially. Try one of these classes or pick another at UnitedWeSweat.org.

BOOT CAMP	**Wednesdays, 5-5:50 PM** **Year-round**	French Creek Family YMCA 2010 Recreation Ln., Avon
LINE DANCING	**Tuesdays, 6:00 PM** **Now - May 11, 2020**	LCCC PE Building 105 1005 N Abbe Rd., Elyria
SPINNING	**11/23, 12/28, & following** **Saturdays, 10:15 AM**	University Hospitals Avon Health Center 1997 Healthway Dr., Avon
WALKING	**Mondays, 5:30 PM** **Year-round** **Exercise equipment available	Lorain County Metro Parks Splash Zone 95 W Hamilton St., Oberlin
WALKING	**Thursdays, 5:30 PM** **Year-round** **Exercise equipment available **Family FitWalks at 4 PM	Mercy Health Amherst HealthPlex 47160 Hollstein Dr., Amherst
YOGA	**Fridays, 4:45-5:45 PM** **Year-round** **Yoga mats available	United Way of Greater Lorain County 642 Broadway Ave., Lorain

united we sweat

Lorain County Public Health — For the Health of Us All

Lorain County Community College

University Hospitals Avon Health Center

United Way of Greater Lorain County

Lorain County Metro Parks

the YMCA

Lorain County Creating Healthy Communities

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