



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Xerzone @ Schlossman YMCA**  
**January 2nd - May 28th**

4243 19th Avenue S  
Fargo, ND 58103  
(701) 281-0126

	MON	TUE	WED	THU	FRI	SAT	SUN
10am						Open Xerzone 10am - 4pm	Open Xerzone 10am - 4pm
4pm	Open Xerzone 4pm - 9pm	Open Xerzone 4pm - 9pm	Open Xerzone 4pm - 9pm	Open Xerzone 4pm - 9pm	Open Xerzone 4pm - 9pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.