



BodyAttack Class

Friday, August 2, 2019—9AM-10AM

Bay Point Park Entertainment Tent

Sponsor: Red Wing Family YMCA

The Red Wing Family YMCA will be putting on a FREE exercise class to start off River City Days weekend! Head down to the Big Entertainment Tent for this class.

This is a high intensity fitness class for all levels of fitness and is open to all, but space is limited. Go to our Facebook page: @rivercitydaysredwing to register. Go to the “events” tab and secure your spot on the Facebook Event we have for this class.