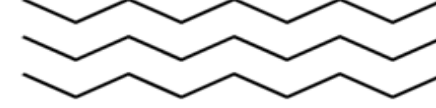


FITNESS CLASS SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6a – Functional Fitness - Scott	6a – Functional Fitness - Scott	6a – Functional Fitness – Scott	6a – Functional Fitness - Scott	9a – Awesome Abs – Betsy
6a – Spinning - Heidi	8a – Bootcamp - Peni	6a – Spinning – Heidi	8a – Bootcamp - Peni	9:30a – Cardio Plus-- Betsy
8:30a - Yoga - Betsy	8:30a- Yoga - Brenda	8:30a - Yoga – Brenda	8:30a- Yoga - Brenda	
9:30a – Pilates - Betsy	9:45a - Weights - Peggy	9:30a – Cardio Plus - Betsy	9:45a - Weights - Peggy	
11a- Functional Fitness- Scott	11a- Functional Fitness- Scott	9:30a- Better Balance- Leslee	11a- Functional Fitness -Scott	
	12p - Spinning-Rob	11a – Functional Fitness - Scott	12p – Spinning - Rob	
Coming Soon	Coming Soon	Coming Soon	12p-Brain & Body-Leslee	<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Punch Passes Available</p> </div>
5:30p - Functional Fitness- Michael	4p - Kids Theatre - Cassie (Kindergarten)	4p - Kids Theatre - Cassie (Pre-K only)	4:00p - 4:45p - Kids Theatre - Cassie - School Age	
6:30p – Zumba – Julie- Spinning Room	5:30p - Bootcamp - Peggy	5:30p - Functional Fitness - Michael	5:30p - Bootcamp - Peggy	<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>ALL Classes included with YMCA membership!</p> </div>
<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Join us for a FREE Injury Prevention Workshop on October 30th at 9:30</p> </div>			6:30p - Zumba – Julie – Spinning Room	