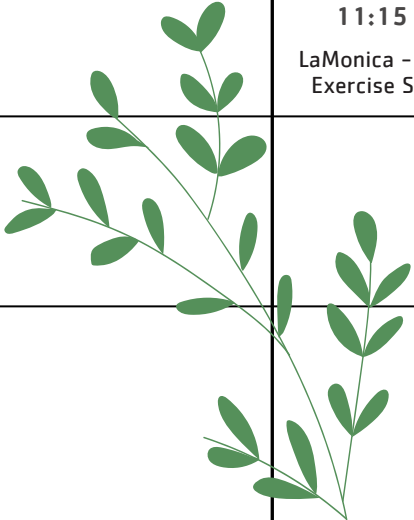


# DOWNTOWN BRANCH April Group Exercise

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|--|--|---|---|
|  | <b>\$ 20/20/20</b><br>8:30 AM<br>Jen S<br>Group Exercise Studio | <b>\$ YOGA</b><br>8:30 AM<br>Jeremy<br>Group Exercise Studio     | <b>\$ CARDIO BARRE</b><br>8:30 AM<br>Allie<br>Group Exercise Studio            | <b>\$PUMPED UP STRENGTH</b><br>8:30 AM<br>Allie<br>Group Exercise Studio              |   |
|  |   |  |  |   | <b>REBOUNCE</b><br>8:30 AM<br>Sheryl<br>Group Exercise Studio |
|  |   |  |  |   | <b>\$ YOGA</b><br>10:00 AM<br>Jeremy<br>Group Exercise Studio |
|  |   | <b>AMPD 30</b><br>4:30 PM<br>Kyla - Group Exercise Studio        |  |   | <b>ZUMBA</b><br>11:15 AM<br>LaMonica - Group Exercise Studio  |
| <b>ZUMBA</b><br>5:30 PM<br>Jen - Group Exercise Studio | <b>\$ BODY PUMP</b><br>5:30 PM<br>Jen - Group Exercise Studio   | <b>\$ CARDIO HIIT</b><br>5:30 PM<br>Rosa - Group Exercise Studio | <b>\$ HUMAN REFORMER PILATES</b><br>5:30 PM<br>Rosa - Group Exercise Studio    |  |   |
|  |   |  | <b>NEW</b><br><b>LINE DANCING</b><br>6:45 PM<br>Ariana - Group Exercise Studio |   |   |



**MEET ME AT** the **YMCA**

Invite a friend to join & earn rewards!  
 Invite a friend to visit the Y with you for free!



the **YMCA**

**MEET ME AT THE Y**

The More, the Merrier! Join the Y with a Friend & Get Perks

**March 1, 2025 — April 30, 2025**

Members who refer a friend to join the YMCA receive a referral bonus.  
 For every friend who joins, you'll receive one free month of adult membership.  
 New Members: Get a free Y swag item when you join!

**Bring a Friend & Earn Prizes!**

Invite a friend to join & earn rewards!  
 Invite a friend to visit the Y with you for free!

For more information contact member services at 416.462.4222 or 416.462.4223

FREE MEMBERSHIP ONLY VALID FOR ADULT MEMBERSHIPS FOR THE VALUE OF AN ADULT MEMBERSHIP. LIMIT ONE FREE MONTH PER REFERRAL PER MEMBER.