



DOWNTOWN BRANCH February Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPRINT 8 CHALLENGE- 5:30am M, W, F 				
	\$ 20/20/20 8:30 AM Jen S Group Exercise Studio		\$ CARDIO BARRE 8:30 AM Allie Group Exercise Studio	\$PUMPED UP STRENGTH 8:30 AM Allie Group Exercise Studio	
					REBOUNCE 9:00 AM Sheryl Group Exercise Studio
SENIORS IN MOTION 10:00 AM Jen S Group Exercise Studio					
					ZUMBA 11:15 AM LaMonica - Group Exercise Studio
	\$ BODY PUMP 5:30 PM Jen - Group Exercise Studio				
ZUMBA 5:30 PM Jen - Group Exercise Studio	ZUMBA 5:30 PM Tracy - Multi Purpose Room	\$ CARDIO HIIT 5:30 PM Rosa - Group Exercise Studio	\$ HUMAN REFORMER PILATES 5:30 PM Rosa - Group Exercise Studio		



SIGN UP FOR A FREE FITNESS ORIENTATION

Did you know YMCA members can sign up for a FREE Wellness Center Orientation? Our knowledgeable wellness attendants will guide you through our brand-new equipment, answer your questions, and help you feel confident in the facility.