

CLASS SCHEDULE - Week of January 11

MONDAY

515a: Total Body Blast-Beth(MPR)\$5
9a: SG Barre-Diane (AR) \$5
9a: Crosstraining-Amanda (MPR/V)
515p: Strength&Cardio-James(AR)\$5
615p: STRONG Teen SG-James(AR)\$5
615p: Cycling-Chris (MPR) \$2
615p: Turbokick-Beth (LC/V)

TUESDAY

515a: P90X-Jen (MPR/V)
9a: Strength&Cardio-Beth (AR) \$5
9a: Cardio Sculpt-Carol (MPR)
515p: Step Up-Rhonda (MPR)
515p: Upper Body Burn-Marisa(AR)\$5
615p: Butts&Guts-Marisa (AR) \$5
630p: Zumba-Joelle (MPR)

WEDNESDAY

515a: Cycling-Misty (MPR) \$2
9a: Cycling-Beth (MPR) \$2
9a: PiYo-Diane (AR/V)
515p: Tone Up-Marisa (AR) \$5
515p: CrossTraining-Mandy (V)
630p: Cycling-Chris (MPR) \$2

THURSDAY

515a: Butts&Guts-Beth (MPR) \$5
9a: Turbokick-Beth (MPR/V)
9a: Yoga-Carol (AR)
515p: Active Stretch-Jamie (AR) \$5
515p: Step Up-Rhonda (MPR)
615p: STRONG Teen SG-James (AR) \$5
630p: Zumba-Megan (MPR/V)

FRIDAY

515a: Cycle Boot Camp-Marisa (MPR)
9a: Butts&Gutts-Beth (AR) \$5
9a: Step Up-Carol (MPR)
515p: Free Weight Lifting
Chuck(AR) \$5

SATURDAY

7a: ABC Intervals (Jen)
815a: Cycling-Chris (MPR) \$2
10a: Zumba- Megan (MPR/V)



KEY

MPR=Multi-Purpose Room
AR = Aerobic Room
LC = Life Center
V = Zoom Virtual Option

Virtual Option for Free Classes
zoom.us/signin
Code: 514 836 6142
Password: ymca



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