

Week of February 22

GROUP EX CLASSES

MONDAY

9a: Crosstraining-Amanda (MPR/V)

615p: Turbokick-Beth (LC/V)

TUESDAY

515a: P90X-Jen (MPR/V)

9a: Cardio Sculpt-Carol (MPR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Joelle (MPR)

WEDNESDAY

9a: PiYo-Diane (AR/V)

515p: CrossTraining-Mandy (MPR/V)

THURSDAY

9a: Turbokick-Beth (MPR/V)

9a: Yoga-Carol (AR)

515p: Step Up-Rhonda (MPR)

630p: Zumba- Megan (MPR)

FRIDAY

515a: Ride&Slide-Marisa (MPR)

9a: Step Up-Carol (MPR)

SATURDAY

10a: Zumba- Megan (MPR)

Virtual Option for Free Classes

zoom.us/join

Code: 514 836 6142

Password: ymca

CYCLE CLASSES

MONDAY

615p: Chris (MPR) \$2

WEDNESDAY

515a: Cycling-Misty (MPR) \$2

9a: Cycling-Beth (MPR) \$2

630p: Cycling-Mandy (MPR) \$2

SATURDAY

815a: Cycling-Mandy (MPR) \$2

Looking for smaller
classes &
personalized
attention?!

SMALL GROUP CLASSES

MONDAY

515a: Total Body Blast-Beth (MPR/V)\$5

9a: Barre-Diane (AR/V) \$5

515p: Strength&Cardio-James(AR/V)\$5

615p: STRONG Teen SG-James(AR/V)\$5

TUESDAY

9a: Strength&Cardio-Beth (AR/V) \$5

515p: Upper Body Burn-Marisa (AR/V) \$5

615p: Butts&Guts-Marisa (AR/V) \$5

WEDNESDAY

515p: Tone Up-Marisa (AR/V) \$5

THURSDAY

515a: Butts&Guts-Beth (MPR/V) \$5

515p: Total Body Blast-Mandy (AR/V) \$5

615p: STRONG Teen SG-James (AR/V) \$5

FRIDAY

9a: Butts&Gutts-Beth (AR/V) \$5

515p: Active Stretch-Jamie (AR/V) \$5

SATURDAY

7a: Strength&Core-Diane (MPR/V) \$5

KEY

MPR=Multi-Purpose Room

AR = Aerobic Room

LC = Life Center

V = Zoom Virtual Option



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for additional
workouts