



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMORIAL DAY

GROUP EXERCISE SCHEDULE

MONDAY, MAY 29TH

Time	Class	Instructor	Location
9:00am-10:00am	Y-Cycle	Ashley	F
9:15am-10:00am	YC3	Laura	D
10:15am-11:15am	BODYPUMP®	Trish	B
11:30am-12:15pm	Yoga	Deb	D



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CLASS DESCRIPTIONS

Y-Cycle 60 minutes. The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. Great for all levels of fitness and intensity is controlled individually at each bike.

BODYPUMP® This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

YC3 Knock your socks off with this three tier total body workout! Participants will work through a combination of exercises encompassing cardio, strength and core. This class offers variety and modifications for all levels.