



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RITE-HITE FAMILY YMCA MEMORIAL DAY GROUP EXERCISE SCHEDULE

The Rite-Hite Family YMCA will have a revised Group Exercise schedule for Monday, May 30.

TIME	CLASS	LOCATION	INSTRUCTOR
9:00-10:00am	Y-Cycle	Cycling Studio	Liz
9:00am-10:00am	BODYCOMBAT	Studio 7	Aet
10:15am-11:15am	BODYPUMP	Studio 6	Trish
11:30am-12:30pm	BODYFLOW	Studio 7	Denisse

Questions? Please contact Lonnie L Watts, at 414-274-0815 or lwatts@ymcamke.org.

