



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA LABOR DAY GROUP EXERCISE SCHEDULE

The Downtown YMCA will have a revised Group Exercise schedule on Monday, September 5.

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-----------------|----------|----------|------------|
| 9-10:15am | Y-Cycle | Studio F | Nelson |
| 10:30-11:30am | BODYPUMP | Studio B | Julie |
| 11:45am-12:30pm | Yoga | Studio B | Marcel |

Questions? Contact Lonnie L Watts, Product Executive– Group Exercise
lwatts@ymcamke.org.

