



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RITE-HITE FAMILY YMCA LABOR DAY GROUP EXERCISE SCHEDULE

The Rite-Hite Family YMCA will have a revised Group Exercise schedule on Monday, September 5.

TIME	CLASS	LOCATION	INSTRUCTOR
9-10:00am	Y-Cycle	Cycling Studio	Jim & Laura
9-10:00am	BodyCombat®	Studio 7	Eva & Steve
10:15-11:15am	BodyPump®	Studio 6	Allison
10:15-11:30am	Zumba®	Studio 7	Gwen
11:45am-12:30pm	BodyFlow®	Studio 6	Eva & Steve

Questions? Contact Lonnie L Watts, Product Executive– Group Exercise  
[lwatts@ymcamke.org](mailto:lwatts@ymcamke.org).

