



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# CLASS SCHEDULE

**Sunday, September 13 through Saturday, September 19**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6-7 am <b>Pump Iron</b> Mary B Outside/FB Live		6-7 am <b>Pump Iron</b> Mary B Outside/FB Live		
	8:30-9:30 am <b>Spin *new*</b> Janice Outside	8:00-9:00am <b>Pump Iron</b> Janice Studio A/FB Live	8:30-9:30 am <b>Spin *new*</b> Janice Outside	8:00-9:00am <b>Pump Iron</b> Janice Studio A/FB Live	8:30-9:30 am <b>Spin *new*</b> Janice Outside	9-10 am <b>Pump Iron</b> Janice StudioA/FB live
	10-11 am <b>Y-Fit</b> Jane Gym/FB Live	9:30-10:30am <b>Silver Snkrs Classic</b> Janice Studio A/FB Live	9:30 10:30 am <b>Zumba *new*</b> Jamie Park	9:30-10:30am <b>Silver Snkrs Circuit</b> Janice Studio A/FB Live	10-11 am <b>Y-Fit</b> Marsha Gym/FB Live	
		10:45-11:45 am <b>Yoga/Stretch</b> Jane Studio A/FB Live	10-11 am <b>Y-Fit</b> Jane Gym/FB Live	10:45-11:45 am <b>Yoga/Stretch</b> Mary B Studio A/FB Live		
12-1pm <b>Zumba</b> Marylee Pls see her FB Marylee Mirco		12-12:55 pm <b>WOW</b> Jane Studio A/FB Live		12-12:55 pm <b>WOW</b> Janice Studio A/FB Live		
		4-5pm <b>Zumba</b> Marylee Pls see her FB Marylee Mirco		4-5pm <b>Zumba</b> Marylee Pls see her FB Marylee Mirco		

Please sign up for Spin classes 24 hours in advance. Call the Y to register @ 445-7221  
 Masks are optional for classes held outdoors