



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIS ROAD YMCA

GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEAST MODE 5:15-6:15 AM Niquee	BEAST MODE 5:15-6:15 AM Mike	BEAST MODE 5:15-6:15 AM Mike	BEAST MODE 5:15-6:15 AM Mike	BEAST MODE 5:15-6:15 AM Niquee		
MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30am-9:30am Michele	MUSCLE HUSTLE 8:30-9:30 AM Alisa		MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30am-9:30am Michele	
BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:00-10:00 AM Alternates	
	BODYFLOW 10:00-11:00 AM Mary-Ladd		BODYFLOW 10:00-11:00 AM Mary-Ladd		YOGA STRETCH 9:30am - 10:00am Michele	
		CARDIO & STRENGTH 12:00-1:00 PM Y360		CARDIO & STRENGTH 12:00-1:00 PM Y360		
	KIDS BEAST MODE 4:30-5:30 PM Niquee & Raja		KIDS BEAST MODE 4:30-5:30 PM Niquee & Raja			
BEAST MODE 5:30-6:30 PM Raja	BEAST MODE 5:30-6:30 PM Mike	BEAST MODE 5:30-6:30 PM Raja	BEAST MODE 5:30-6:30 PM Raja	BEAST MODE 5:30-6:30 PM Raja		

**NEW
CLASS!**

FASCIA FITNESS
3:00-3:45 PM
Genia