



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIS ROAD YMCA

GROUP EXERCISE SCHEDULE



**SATURDAY SAMPLER
RAFFLES, REFRESHMENTS,
FELLOWSHIP, & FUN!**

JAN 10TH

8:30 BARRE

9:15 BODYBALANCE

9:40 MUSCLE HUSTLE

10:00 ZUMBA

10:35 FASCIA FITNESS

ZUMBA

MONDAYS 6:00PM

SATURDAYS 10:15AM STARTING JAN 17TH

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	NEW AM CLASS COMING SOON! KICK & CONDITIONING	
BEAST MODE 8:00-9:00 AM Raia	BEAST MODE 8:00-9:00 AM Raja	BEAST MODE 8:00-9:00 AM Raja	BEAST MODE 8:00-9:00 AM Raja	BEAST MODE 8:00-9:00 AM Raja		
BEAST MODE 9:00-10:00 AM Raja	BEAST MODE 9:45-10:45 AM Mike	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 Rotation	
MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30-9:30 AM Michele	MUSCLE HUSTLE 8:30-9:30 AM Alisa		MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30am -9:30am Michele	
	BODYBALANCE 10:00-11:00 AM Mary-Ladd		BODYBALANCE 10:00-11:00 AM Mary-Ladd		YOGA STRETCH 9:30am - 10:00am Michele	
		Y360 CIRCUIT 11:00-12:00 PM Y360		Y360 CIRCUIT 11:00-12:00 PM Y360	ZUMBA 10:15-11:15AM Meg	
ZUMBA 6:00-7:00PM Rachel	KIDS BEAST MODE 4:30-5:30 PM Niquee & Raja		KIDS BEAST MODE 4:30-5:30 PM Niquee & Raja			FASCIA FITNESS 3:00-3:45 PM Genia
BEAST MODE 5:30-6:30 PM Mareike	BEAST MODE 5:30-6:30 PM Raja	BEAST MODE 5:30-6:30 PM Mareike	BEAST MODE 5:30-6:30 PM Mike			