



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIS ROAD YMCA

GROUP EXERCISE SCHEDULE

CHECK OUT
OUR NEW
CLASSES!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30-9:30 AM Michele	MUSCLE HUSTLE 8:30-9:30 AM Alisa	Y360 MUSCLE UP 8:30-9:15AM Y360	MUSCLE HUSTLE 8:30-9:30 AM Alisa	RAISED BARRE 8:30am - 9:30am Michele	
KICK CONDITION 9:45AM - 10:45AM Khrysten		ZUMBA 9:45AM - 10:45AM Beth Ann			YOGA STRETCH 9:30am - 10:00am Michele	
Y360 SEATED SILVER COMBO 11:00-11:35AM Y360	BODYBALANCE 10:00-11:00 AM Mary-Ladd	ADL CIRCUIT 11:00-11:45AM Khrysten	BODYBALANCE 10:00-11:00 AM Mary-Ladd	ADL CIRCUIT 11:00-11:45AM Khrysten	ZUMBA 10:00 - 11:00AM Beth Ann	
		PILATES SCULPT 4:30 - 5:30PM Jacqueline				FASCIA FITNESS 3:00-3:45 PM Genia
ZUMBA 6:00-7:00PM Rachel						