



For a better us.®

THOMAS E. HANNAH YMCA GROUP EXERCISE SCHEDULE

POP UPS & PRIZES!

SEE
FLYERS &
Y360'S APP
FOR
DETAILS!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 5:15-6:15 AM Julie	RPM 5:15-6:00AM Ani	BODYPUMP 5:15-6:15 AM Julie	SPIN 5:15-6:00AM Kerry	BODYPUMP 5:15-6:15 AM Julie		
		BODYBALANCE 6:30-7:30AM Julie	FRIDAY 8:30AM ZUMBA COMING SOON!			
BODYPUMP 8:30-9:30 AM Brandi	BARRE 8:30-9:30 AM Leslie	COMBAT ^{45MIN} 8:30-9:15AM Y360	BARRE 8:30-9:30 AM Brandi	COMBAT ^{45MIN} 8:30-9:15AM Y360	BARRE 8:30-9:30 AM Leslie	
YOGA 9:40-10:40am Laura		TABATA&TONE ^{45 MIN} 9:35AM-10:20 Jana			RPM 8:35-9:20 AM Daniela/Kristin	BODYPUMP ^{45MIN} 3:00-3:45 PM
1-2pm YMCA EBHI Program		1-2pm YMCA EBHI Program		TABATA&TONE ^{45 MIN} 9:35AM - 10:20 Jana	YOGA 9:40-10:40 AM Michelle	Daniela / Ani
A.D.L INTERVALS 11:00 - 11:45 AM Sue	A.D.L R.O.M. 11:00 - 11:45 AM Julie	A.D.L Y360 11:00 - 11:45 AM Virtual Instructor	A.D.L YOGA 11:00 - 11:45 AM DJ	A.D.L FIT-N-FAB 11:00 - 11:45 AM DJ	ZUMBA 11:00-12:00 PM Rotation	BODY BALANCE 4:00-5:00 PM Julie
BARRE 4:30-5:30PM Michelle	BODYBALANCE 4:30-5:30PM Mary-Ladd	BODYPUMP 4:15-5:15 PM Brandi	YOGA 4:30-5:30PM Mary-Ladd	CHAIR YOGA 12:00-12:45 PM Sue	SPECIALTY CLASS ALERT! IN SPIN ROOM REGISTER TODAY! PRENATAL WED 5:30PM POSTPARTUM TH 8:30AM	
STEP IT UP! 5:35-6:35 PM Mary-Ladd	ZUMBA ^{50MIN} 5:35-6:25 PM Brandi	STEP IT UP! 5:35-6:35 PM Mary-Ladd	CARDIO EFFECT 5:35-6:20 PM ^{45 MIN} Kerry	PILATES & YIN 4:30-5:30PM Michelle		
VINAYSA YOGA 6:40 - 7:40PM Katherine	BODYPUMP 6:30-7:30 PM Mary-Ladd		BODYPUMP 6:30-7:30 PM Mary-Ladd	ZUMBA 5:35-6:35 PM Naomi		

