



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELLNESS FITNESS SCHEDULE

SESSION

Summer 2: July 17th – Sept. 3rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am				Group Cycle (45) Timmy - Studio B	
6:00am	Workouts with Jon (60) Fitness Floor		Workouts with Jon (60) Fitness Floor		Workouts with Jon (60) Fitness Floor
6:15am		Warrior Workout (45) Kalea - Fitness Floor		Warrior Workout (45) Kalea - Fitness Floor	
6:30am	Suspension Training (45) JT - Fitness Center		Suspension Training (45) JT - Fitness Center		Suspension Training (45) JT - Fitness Center
			Yoga Flow (60) Stephanie- Studio C		
11:45am					
12:00pm				Built w/Bodyweight (60) JT- Fitness Center	
12:10pm	Yoga (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Vinyasa Yoga (50) Meena - Studio C	Pilates Matwork (50) Liz - Studio C	Yoga (50) Meena - Studio C
	**Strenght & Conditioning (50) Lexie - Studio A			Group Cycle (50) Steve - Studio B	**Step & Weights (50) Tane Studio A
12:15pm		HIIE (45) Allie - Fitness Floor	Pound (45) Jocelyn -Studio A	HIIE (45) Allie - Fitness Floor	HIIE (45) Allie - Fitness Floor
		**Core & Tabata Lexie - Studio A			Suspension Training (45) JT- Fitness Center
		Suspension Training (45) JT- Fitness Center			
5:00pm	**Awesome Abs (30) Juliet - Studio a		** Awesome Abs (30) Will - Studio A		
5:30pm	Turning Point (60) Brenda - Studio C			Suspension Training (45) JT- Fitness Center	
	**Strenght & Conditioning (60) Juliet - Studio A		*Strenght&Conditioning(60) Will- Studio A		
5:45pm	Group Cycle (60) Stephanie - Studio B		Turning Point (60) Kathy - Studio C		
6:00pm	Bulid with Bodyweight (60) JT - Fitness Center				
6:15pm		HIIE - (45) Alexandra - Fitness Floor		HIIE - (45) Alexandra - Fitness Floor	
7:00pm	Workouts with Will (60) Will - Fitness Center		Workouts with Will (60) Will - Fitness Center		

\*\*Indicates free classes for members  
(xx) Duration of class times in minutes  
Please register at the Welcome Center or online to save your spot in your favorite class.  
Detailed class descriptions available at the Welcome Center.

## DOWNTOWN YMCA WELLNESS CENTER

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