

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|---|--|---|--|--------|
| Morning | Yoga 9:30-10:30am Kathryn | BodyBlast 9:30-10:30am Alla | Yoga 9:30-10:30am Alla / Janet | | HIIT 6:15-6:45am Jenn CycleFit Intro* 9-10:30am Skip Sept. 21st | CycleFit 9-10am Boni Abs & Core 10-10:30am Boni | |
| Mid Morning | | | | | Abs & Core 10:30-11:30am Kathryn | CycleFit Intro* 10:30am-12pm Skip Sept. 15th | |
| Afternoon | | | | | | Tae Kwon Do 12-1pm | |
| Early Evening | Beginner Step & Weights 5:30-6:15pm Linda | Yoga 5:30-6:15pm Linda | | CycleFit 5:30-6:10pm Stacie Family HITT 6:30-7:15pm Jenn/Andrea | | Tae Kwon Do 6:30-7:30 | |
| Late Evening | | | BodyBlast 7-8pm Linda | | | | |

***CycleFit Intro with Skip**

A specialized spin class focusing on proper posture, positions, and the how-to's of cycling. Combination of introductory drills and instruction with cardio and stretch elements.

Saturday, September 15th
10:30 am-12 pm
Friday, September 21st
9-10:30 am

Be sure to download the YMCA App for the most up-to-date schedule information

