

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning					<b>HIIT</b> 6:15-6:45am Jenn	<b>CycleFit</b> 9-10am Boni	
	<b>Yoga</b> 9:30-10:30am Kathryn	<b>BodyBlast</b> 9:30-10:30am Alla	<b>Yoga</b> 9:30-10:30am Alla / Janet			<b>Abs &amp; Core</b> 10-10:30am Boni	
Mid Morning					<b>Abs &amp; Core</b> 10:30-11:30am Kathryn	<b>CycleFit Intro*</b> 10:30am-12pm Skip Oct 6th Oct 20th	
Afternoon						<b>Tae Kwon Do</b> 12-1pm	
Early Evening				<b>CycleFit</b> 5:30-6:10pm Stacie	<b>Family HITT</b> 6:30-7:15pm Jenn/Andrea	<b>Tae Kwon Do</b> 6:30-7:30	
Late Evening							

### \*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, October 6th

10:30 am-12 pm

Saturday, October 20th

10:30 am-12 pm

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

