



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning					HIIT 6:15-6:45am Jenn	CycleFit 9-10am Boni	
	Yoga 9:30-10:30am Kathryn	BodyBlast 9:30-10:30am Alla	Yoga 9:30-10:30am Alla / Janet			Abs & Core 10-10:30am Boni	
Mid Morning							
Afternoon							Tae Kwon Do 12-1pm
Early Evening	 CycleFit 5:30-6:30pm Stacie / Lee	 BodyFit 5:30-6:30pm Kaytlyn		Family HITT 6:30-7:15pm Jenn / Andrea	Tae Kwon Do 6:30-7:30pm		
Late Evening							

***BodyFit**
 A fitness class that offers an efficient full-body workout using interval training, cardio, muscle conditioning and flexibility exercises. Various types of equipment may be used
Tuesdays
5:30-6:30 pm

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

