

	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>Abs &amp; Core</b> 10-10:30am Boni	
Mid Morning							
Afternoon						<b>TaeKwon Do</b> 12-1pm	
Early Evening	<b>CycleFit</b> 5:30-6:30pm Stacie / Lee	<b>BodyFit</b> 5:30-6:30pm Kaytlyn					
	<b>Step</b> 6:45-7:30pm Linda	<b>Yoga</b> 6:45-7:30pm Linda		<b>Family HITT</b> 6:30-7:30pm Jenn / Andrea	<b>TaeKwon Do</b> 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

