



Group Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:30a-8:00a Circuit Training Ryan Parking Lot	8:30a-10:00a 30/30/30 JoDee Virtual & Parking Lot	9:00a-9:55a Yoga Madi Virtual	8:00a-09:30a 30/30/30 Rebecca Virtual & Parking Lot	7:30a-8:00a Circuit Training Ryan Starts Sept. 11 Parking Lot	9:00a-9:55a Cardio Line Dance Tina Virtual	CLOSED
9:00a-9:55a Yoga Bonnie B. Virtual	12:00p-12:55p Lunchtime Meditation Suzy Virtual	10:00a-10:55a Lite & Lively JoDee Virtual	12:00p-12:55p Yoga Bonnie B. Virtual	9:00a-9:55a Pilates JoDee Starts Sept. 4 Virtual	10:00a-10:55a Total Body Fitness Sarah Virtual & Parking Lot	
10:00a-10:55a Sit & Tone Bonnie M. Virtual	5:00p-5:55p Pilates Tina Virtual	7:00p-7:50p Zumba Sarah Virtual & Parking Lot	5:00p-5:55p Pilates Tina Virtual	10:00a-10:55a Lite & Lively Bonnie M. YMCA	11:00a-11:55a Zumba Sarah Virtual & Parking Lot	
	6:00p-6:55p Cardio Dance Tina Virtual		6:00-6:55p Cardio Dance Tina Virtual	7:00p-7:55p Zumba Sarah Virtual & Parking Lot		
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CURRENT SAFETY PROCEDURES

Stay healthy and connected with Group Exercise, brought to you by our YMCA Healthy Lifestyles staff. Our virtual classes are customized for your fitness - each and every workout can be achieved with simple equipment at home. Stay active, stay healthy!

Disclaimer: You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.