



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF LENAWEE COUNTY

March 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All fitness classes are free for YMCA members!		5:15-6:15am Group Cycling Megan (lower level)	5:15-6:15am Boot Camp Megan (upper gym)			
	Personal training packages are available to purchase. Members get a 1-hour free personal training demo! For more information, stop at the member service desk.	7:55-8:40am Group Cycling-Easy Rider Jan (lower level)		7:55-8:40am Group Cycling-Easy Rider Jan (lower level)		
See if you qualify for Silver Sneakers or Silver & Fit.	8:45-9:15am Stability Ball, Pump & Stretch Jan (upper gym)	8:00-8:45am Balance Flexibility & Strength Val (upper gym)	8:45-9:15am Stability Ball, Pump & Stretch Jan (upper gym)	8:00-8:45am Balance Flexibility & Strength Val (upper gym)		
Check out our Facebook page for class updates.		8:55am-9:40am Cardio Drumming Val (upper gym)		8:55-9:40am Cardio Drumming Val (upper gym)		
Try out our new Zumba class!	9:30-10:30am Enhance Fitness Jan (upper gym)	9:45-10:30am Pilates Val (upper gym)	9:30-10:30am Enhance Fitness Jan (upper gym)	9:45-10:30am Pilates Val (upper gym)		
	5:30-6:30pm Cycle/Core Megan (lower level)			5:15-6:15pm Boot Camp Megan (upper gym)		
	6:30-8:00pm Hatha Yoga Pat (child care room)	5:30-6:30pm Group Cycle Sylvia (lower level)	6:30-8:00 Hatha Yoga Pat (child care room)	5:30-6:30 Group Cycling Sylvia (lower level)		
	6:30-7:15pm FitMix Plus Bart (upper gym)					
	7:30-8:30pm Zumba Kyrie (upper gym)					



