



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Group Fitness Schedule

Group Exercise @ Downtown YMCA

March 1st - March 31st

411 E. 3rd St
Flint, MI 48503
(810) 232-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Spinning Izi C. 8am - 9am					Slow Flow (Beginner Yoga) Conner T. 8am - 9am	
9am		Boot Camp Rudy T. 9am - 10am		Boot Camp Rudy T. 9am - 10am		Boot Camp Rudy T. 9am - 10am	
10am	Stretch & Strength Tom S. 10am - 11am	Aqua Aerobics Vicki S. 10am - 11am	Stretch & Strength Tom S. 10am - 11am	Aqua Aerobics Vicki S. 10am - 11am	Stretch & Strength Izi C. 10am - 11am	Zumba Michelle K. 10:30am - 11:30am	
11am						ABSalute Michelle K. 11:30am - 12pm	
5pm		Boot Camp Rudy T. 5pm - 6pm	Vinyasa Yoga Samantha B. 5pm - 6pm	Boot Camp Rudy T. 5pm - 6pm			
6pm	Ashtanga Yoga Samantha B. 6pm - 7pm	Yoga Pam K. 6pm - 7pm	Spinning Izi C. 6pm - 7pm	Yoga Pam K. 6pm - 7pm			
7pm		Zumba Michelle K. 7pm - 8pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.