



Fall Group Fitness
 Group Exercise @ Downtown YMCA
 September 1st - December 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Spinning Izi C. 8am - 9am		Spinning Izi C. 8am - 9am			Yoga Conner T. 8am - 8:45am	
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. 10am - 11am	
5pm		Boot Camp Rudy T. 5pm - 6pm		Boot Camp Rudy T. 5pm - 6pm			
6pm	Aqua Aerobics Tracey M. 6pm - 7pm	Yoga Pam K. 6pm - 7pm	Aqua Aerobics Tracey M. 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.