



# DOWNTOWN YMCA GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH & FLEX 9:30am-10:30am CT Hall	AQUA AEROBICS MOVEMENT 10:00am-11:00am Tammie Johnson	STRETCH & FLEX 9:30am-10:30am CT Hall	AQUA AEROBICS MOVEMENT 10:00am-11:00am Tammie Johnson	STRETCH & FLEX 9:30am-10:30am CT Hall	
BOXING 6:00pm-7:00pm Rick Sweeney	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson	VINYASA YOGA 5:00pm-5:50pm Rickita Henderson	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson		
WERQ KENDRA WASHINGTON 7:00pm-8:00pm	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall	BOXING 6:00pm-7:00pm Rick Sweeney	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall		
	YOGA 6:00pm-6:50pm Pam Klitchen	WERQ KENDRA WASHINGTON 7:00pm-8:00pm	YOGA 6:00pm-6:50pm Pam Klitchen		
	AQUA AEROBICS MOVEMENT 7:00pm-8:00pm CT Hall		AQUA AEROBICS MOVEMENT 7:00pm-8:00pm CT Hall		
	ZUMBA 7:00pm-8:00pm Michelle Kryska		ZUMBA 7:00pm-8:00pm Michelle Kryska		

## SIGN UP FOR PERSONAL TRAINING TODAY!

For more information, call  
the YMCA today at  
810.232.9622 or  
visit us online at  
[www.flintymca.org](http://www.flintymca.org)

