



DOWNTOWN YMCA GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING STRONG 8:00am-8:50am Marques Pool	AQUA AEROBICS MOVEMENT 10:00am-11:00am Tammie Johnson	MORNING STRONG 8:00am-8:50am Marques Pool	AQUA AEROBICS MOVEMENT 10:00am-11:00am Tammie Johnson	STRETCH & FLEX 9:30am-10:30am CT Hall	
STRETCH & FLEX 9:30am-10:30am CT Hall	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson	STRETCH & FLEX 9:30am-10:30am CT Hall	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson		
BOXING 6:00pm-7:00pm Rick Sweeney	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall	VINYASA YOGA 5:00pm-5:50pm Rickita Henderson	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall		
WERQ 7:00pm-8:00pm Kendra Washington	YOGA 6:00pm-6:50pm Pam Klitchen	BOXING 6:00pm-7:00pm Rick Sweeney	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	WERQ 7:00pm-8:00pm Kendra Washington	ZUMBA TONING 7:15pm-8:15pm 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

