



DOWNTOWN YMCA GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING STRONG 8:00am-8:50am Marques Pool	TABATA INTERVAL TRAINING 9:00am-9:50am Kamar Ingram	MORNING STRONG 8:00am-8:50am Marques Pool	YOGALTES 10:00am-11:00am Mary Delgado	STRETCH & FLEX 9:30am-10:30am CT Hall	GROUP CYCLING 9:00am-9:50am Mary Delgado
	SENIOR STRONG 10:00am-11:00am Kamar Ingram				
STRETCH & FLEX 9:30am-10:30am CT Hall	BEAST MODE 11:00am-12:00pm CT Hall	STRETCH & FLEX 9:30am-10:30am CT Hall	BEAST MODE 11:00am-12:00pm CT Hall	CARDIO STEP 10:45am-11:15am Renea Ross	*Muscle Mode 9:30am-10:00am Michelle Kryske <small>Every other Saturday</small>
CARDIO STEP 10:45am-11:15am Renea Ross	GROUP CYCLING 10:00am-10:50am Mary Delgado	CARDIO STEP 10:45am-11:15am Renea Ross	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson		
PEDAL POWER 11:30am-12:15pm Renea Ross	MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson	PEDAL POWER 11:30am-12:15pm Renea Ross	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall	PEDAL POWER 11:30am-12:15pm Renea Ross	*Zumba 10:00am-10:45am Michelle Kryske
		SLOW FLOW YOGA 5:00pm-5:50pm Rickita Henderson			
BOXING 6:00pm-7:00pm Rick Sweeney	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall	BOXING 6:00pm-7:00pm Rick Sweeney	YOGA 6:00pm-6:50pm Pam Klitchen	Rhythm & Reps 6:30pm-7:30pm Kendra Washington	
PEDAL POWER 6:00pm-6:45pm Renea Ross	YOGA 6:00pm-6:50pm Pam Klitchen	PEDAL POWER 6:00pm-6:45pm Renea Ross	ZUMBA TONING 7:15pm-8:15pm Michelle Kryske		
Rhythm & Reps 7:00pm-8:00pm Kendra Washington	ZUMBA 7:00pm-8:00pm Michelle Kryske	Rhythm & Reps 7:00pm-8:00pm Kendra Washington			

- Muscle mode and Zumba will be offered every other Saturday beginning 05/10/2025

SIGN UP FOR PERSONAL TRAINING TODAY!

For more information,
call the YMCA today
at 810.732.9622 or
visit us online at
flintymca.org

