



# DOWNTOWN YMCA GROUP FITNESS SCHEDULE

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

