



# DOWNTOWN YMCA

## GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH & FLEX 9:30am-10:30am CT Hall	CORE & MORE 9:45am-10:30am Bri Barnett	STRETCH & FLEX 9:30am-10:30am CT Hall	BEAST MODE 11:00am-12:00pm CT Hall	STRETCH & FLEX 9:30am-10:30am CT Hall	Muscle Mode 9:00am-10:00am Michelle Kryske
	BEAST MODE 11:00am-12:00pm CT Hall	STEP XPRESS 10:30am-11:15am Renea Ross		STEP XPRESS 10:30am-11:15am Renea Ross	Zumba 10:00am-10:45am Michelle Kryske
STEP Xpress 10:30am-11:15am Renea Ross			MOBILITY YOGA 2:00pm-2:50pm Rickita Henderson		
	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	PEDAL POWER: CORE CYCLING 11:30am-12:30pm Renea Ross
PEDAL POWER Renea Ross 11:30am-12:15pm					
Rhythm & Reps 5:00pm-5:50pm Kendra Washington	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall	Rhythm & Reps 5:00pm-5:50pm Kendra Washington			
BOXING 6:00pm-7:00pm Rick Sweeney		BOXING 6:00pm-7:00pm Rick Sweeney		PEDAL POWER 6:00pm-6:45pm Renea Ross	
PEDAL POWER 6:00pm-6:45pm Renea Ross		PEDAL POWER 6:00pm-6:45pm Renea Ross	YOGA 6:00pm-6:50pm Pam Klitchen		
	YOGA 6:00pm-6:50pm Pam Klitchen				
Bells & Bands 7:00pm-8:00pm Bri Barnett	ZUMBA 7:00pm-8:00pm Michelle Kryske	*POSTURE CORRECTION 6:00pm-7:00pm Dawei Joyce	ZUMBA TONING 7:00pm-8:00pm Michelle Kryske		

Please note that schedule is subject to change due to instructor availability, demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

\*POSTURE CORRECTION IS A PAID PROGRAM- REGISTER ONLINE OR AT THE FRONT DESK

## 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)

