



# DOWNTOWN YMCA

## GROUP FITNESS SCHEDULE

| MONDAY                                              | TUESDAY                                             | WEDNESDAY                                           | THURSDAY                                                 | FRIDAY                                       | SATURDAY                                                   |
|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------|----------------------------------------------|------------------------------------------------------------|
| STRETCH & FLEX<br>9:30am-10:30am<br>CT Hall         | CORE & MORE<br>9:45am-10:30am<br>Bri Barnett        | STRETCH & FLEX<br>9:30am-10:30am<br>CT Hall         | FULL BODY CARDIO<br>9:30am-10:30am<br>Bradlee Saulsberry | STRETCH & FLEX<br>9:30am-10:30am<br>CT Hall  |                                                            |
|                                                     | BEAST MODE<br>11:00am-12:00pm<br>CT Hall            | STEP XPRESS<br>10:30am-11:15am<br>Renea Ross        | BEAST MODE<br>11:00am-12:00pm<br>CT Hall                 | STEP XPRESS<br>10:30am-11:15am<br>Renea Ross |                                                            |
| STEP Xpress<br>10:30am-11:15am<br>Renea Ross        |                                                     |                                                     | MOBILITY YOGA<br>2:00pm-2:50pm<br>Rickita Henderson      |                                              |                                                            |
|                                                     | MOBILITY YOGA<br>2:00pm-2:50pm<br>Rickita Henderson | PEDAL POWER<br>11:30am-12:15pm<br>Renea Ross        | CIRCUIT TRAINING<br>5:00pm-6:00pm<br>CT Hall             | PEDAL POWER<br>11:30am-12:15pm<br>Renea Ross | PEDAL POWER: CORE CYCLING<br>11:30am-12:30pm<br>Renea Ross |
| PEDAL POWER<br>Renea Ross<br>11:30am-12:15pm        |                                                     |                                                     |                                                          |                                              |                                                            |
| Rhythm & Reps<br>5:00pm-5:50pm<br>Kendra Washington | CIRCUIT TRAINING<br>5:00pm-6:00pm<br>CT Hall        | Rhythm & Reps<br>5:00pm-5:50pm<br>Kendra Washington |                                                          |                                              |                                                            |
| BOXING<br>6:00pm-7:00pm<br>Rick Sweeney             |                                                     | BOXING<br>6:00pm-7:00pm<br>Rick Sweeney             |                                                          |                                              |                                                            |
| PEDAL POWER<br>6:00pm-6:45pm<br>Renea Ross          |                                                     | PEDAL POWER<br>6:00pm-6:45pm<br>Renea Ross          | YOGA<br>6:00pm-6:50pm<br>Pam Klitchen                    | PEDAL POWER<br>6:00pm-6:45pm<br>Renea Ross   |                                                            |
|                                                     | YOGA<br>6:00pm-6:50pm<br>Pam Klitchen               |                                                     |                                                          |                                              |                                                            |
| BELLS & BANDS<br>7:00pm-8:00pm<br>Bri Barnett       | ZUMBA<br>7:00pm-8:00pm<br>Michelle Kryske           |                                                     | ZUMBA TONING<br>7:00pm-8:00pm<br>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.

## 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)

