



DOWNTOWN YMCA

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH & FLEX 9:30am-10:30am CT Hall	RISE & GRIND CYCLING 5:45am-6:15am Renea Ross	STRETCH & FLEX 9:30am-10:30am CT Hall		STRETCH & FLEX 9:30am-10:30am CT Hall	
	BEAST MODE 11:00am-12:00pm CT Hall		FULL BODY CARDIO 9:30am-10:30am Bradlee Saulsberry		
		STEP XPRESS 10:30am-11:15am Renea Ross	BEAST MODE 11:00am-12:00pm CT Hall	STEP XPRESS 10:30am-11:15am Renea Ross	
STEP Xpress 10:30am-11:15am Renea Ross	CIRCUIT TRAINING 5:00pm-6:00pm CT Hall		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					
BOXING 6:00pm-7:00pm Rick Sweeney	YOGA 6:00pm-6:50pm Pam Klitchen	Rhythm & Reps 5:00pm-5:50pm Kendra Washington			
Rhythm & Reps 7:00pm-8:00pm Kendra Washington		BOXING 6:00pm-7:00pm Rick Sweeney			
PEDAL POWER 6:00pm-6:45pm Renea Ross		PEDAL POWER 6:00pm-6:45pm Renea Ross	YOGA 6:00pm-6:50pm Pam Klitchen	PEDAL POWER 6:00pm-6:45pm Renea Ross	
	ZUMBA 7:00pm-8:00pm Michelle Kryske		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.

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

