DOWNTOWN YMCA

GROUP FITNESS SCHEDULE

YMCA OF GREATER FLINT
MOVE • CONNECT • THRIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH & FLEX 9:30–10:30 AM CT Hall	**RISE & GRIND CYCLING** 5:45–6:15 AM Renea Ross	**STRETCH & FLEX** 9:30–10:30 AM CT Hall		**STRETCH & FLEX** 9:30–10:30 AM CT Hall	**POWER-CORE CYCLING** 11:30 AM–12:30 PM Renea Ross
STEP XPRESS 10:30–11:15 AM Renea Ross	**BEAST MODE** 11:00 AM–12:00 PM CT Hall	**STEP XPRESS** 10:30–11:15 AM Renea Ross	**BEAST MODE** 11:00 AM–12:00 PM CT Hall	**PEDAL POWER** 11:30 AM–12:15 PM Renea Ross	
PEDAL POWER 11:30 AM–12:15 PM Renea Ross	**CIRCUIT TRAINING** 5:00–6:00 PM CT Hall	**PEDAL POWER** 11:30 AM–12:15 PM Renea Ross	**MOBILITY YOGA** 2:00–2:50 PM Rickita Henderson	**PEDAL POWER** 6:00–6:45 PM Renea Ross	
BOXING 6:00–7:00 PM Rick Sweeney	**YOGA** 6:00–6:50 PM Pam Kitchen	**BOXING** 6:00–7:00 PM Rick Sweeney	**CIRCUIT TRAINING** 5:00–6:00 PM CT Hall		
PEDAL POWER 6:00–6:45 PM Renea Ross	**ZUMBA** 7:00–8:00 PM Michelle Kryske	**PEDAL POWER** 6:00–6:45 PM Renea Ross	**YOGA** 6:00–6:50 PM Pam Kitchen		
RHYTHM & REPS 7:00–8:00 PM Kendra Washington		**RHYTHM & REPS** 7:00–8:00 PM Kendra Washington	**ZUMBA TONING** 7:00–8:00 PM Michelle Kryske		

Schedule subject to change based on instructor availability, demand and participation.
Please consult your physician before beginning an exercise program.

SIGN UP FOR PERSONAL TRAINING TODAY!
810-232-9622 • flintymca.org