

Downtown Y Fitness Schedule effective until September 6th

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
6:45 am- 7:45am	Rep Reebok Connie/Brenda						
9:00am 9:55am	Let's Move Lesly	High Energy Step Charlene/Evelyn	Spin & Pump Sadie	High Energy Step Lynn	Cardio Blast John	Step Carrie	
10:00am 10:45am	Stretch For Health Selina	Posture Balance & Strength Lesly	Stretch For Health Carolyn	Posture Balance & Strength Selina	Linedancing Lesly		
11:00am - 12:00pm	Rep Reebok Selina		Rep Reebok Charlene		Rep Reebok Brenda S		
12:10pm - 12:50pm	Core Conditioning Meghan	*Group Cycling Kim	Group Cycling Leni	Core Conditioning Selina	Group Cycling Susan		
12:10pm 12:50pm		<i>Fitness Fusion</i> Charlene		<i>Stretched & Buffed</i> Kim			
4:45pm- 5:45pm		High Energy Step Tori		Just The Basics High Energy Step Brenda S			
5:00 pm- 6:00pm	Rep Reebok Cathie		Rep Reebok Brenda M				
6:10pm	Group Cycling Kim	Abs & Buns Fern	Group Cycling Jamie	6:00pm Bootcamp Kim			
7-8 pm	Step n Sculpt Fern	Bootcamp Rachael	Interval Blast George	Tribal Fusion Martina			

* Some classes require sign up due to equipment. Please check with Customer Service Desk