

VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL & IN PERSON GROUP EXERCISE

MONDAY

LES MILLS BODYPUMP
6:00am-7:00am

POWER YOGA
Rachel
12:00pm-1:00pm
ID# 990 2693 6806

LES MILLS BODYCOMBAT
1:00pm-2:00pm

LES MILLS CXWORX
4:15pm-4:45pm

TUESDAY

LES MILLS BODYCOMBAT
6:00am-6:45am

CORE & MORE
Toni
11:00am- 11:30am

SILVER SNEAKERS
Glen
11:00am - 11:45am
ID# 848 1605 7544

BOOTCAMP
Jeanne
12:00p.m.- 12:45p.m
ID# 990 693 6806

LES MILLS BODYCOMBAT
5:30pm-6:30pm

WEDNESDAY

LES MILLS BODYPUMP
6:00am-7:00am

BALLETONE
Melanie
11:00am - 11:45am
ID# 848 1605 7544

LES MILLS BODYCOMBAT
12:00pm-1:00pm

LES MILLS CXWORX
4:15pm-4:45pm

ZUMBA
Carletha
5:30pm- 6:30pm

THURSDAY

LES MILLS BODYCOMBAT
6:00 am- 6:45am

CORE & MORE
Toni
11:00am- 11:30am

LES MILLS BODYCOMBAT
5:30pm-6:30pm

FRIDAY

LES MILLS BODYPUMP
6:00am-7:00am

STRENGTH
Danielle
12:00pm-1:00pm
ID# 990 2693 6806

SATURDAY

ZUMBA
Adriana
10:00am-11:00am

LES MILLS BODYPUMP
11:30am-12:30pm

Zoom Password: YMCA "time of class" example YMCA 5:30P or YMCA 7:30A

Group Classes: Maximum 10 people, please sign-in at Welcome Center

****NEW**On Demand:** Introducing LES MILLS Virtual workouts! These on demand classes are now available at the Downtown Y. With BodyCombat, BodyFlow, BodyPump and CXWorx, you can try a variety of classes with this new, robust technology, chart-topping music and instruction from the world's best talent!

KEY:

ZOOM CLASS

IN PERSON CLASS

ON DEMAND