

## **DOWNTOWN YMCA GROUP EXERCISE**

SUNDAY JUNE 4th - SATURDAY JULY 1st

30113	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MUNDAY				FRIDAT	SATURDAT
5:30am		Y-CYCLE	BODYPUMP	BODYCOMBAT.		
		Studio 3/ Kelly	Studio 1/ Kelle	Studio 1/ Kelle		
6:00a	BOOTCAMP	CXWORX		KETTLEBELL	воотсамр	
	Studio 1/ Jeremy	6:15a Studio 3/Kelly		Studio 3/ Craig	Studio 1/ Jeremy	
8:30a						<b>Vinyasa</b> yoga
0.502						Studio 2/ Pat
9:00a	waterfitness		waterfitness		waterfitness	BODYPUMP
9:00a	POOL/ Jeanne		POOL/ Jeanne		POOL/ Jeanne	Studio 1/ Jessica
0.70-	Healthways Studio 1/		Healthways Studio 1/		Silver Sneakers Studio 1/	CARDIO 30
9:30a	Silver Sneakers Fitness Program Ashley		SilverSneakers' Fitness Program Cosy		SilverSneakers Stadio 17  Thosa Program Marianne	Studio 1/ Jessica
44.30		LESMILLS CXWORX		LESMILLS CXWORX		*Saturday JUNE
11:30a		Studio 1/ Kelle		Studio 1/ Lisa		24th NO
12.10	Lesmills BODYPUMP	BODYSTEP	BODYPUMP	LESMILLS BODYCOMBAT	BODYPUMP	BODYPUMP &
12:10p	Studio 1/ Shelly	Studio 1/ Shelly	Studio 1/ Kelle	Studio 1/Shelly/Kelle	Studio 1/ Shelly	CARDIO 30 – Les Mills GRIT
	CARDIO LESMILLS	•	LesMills LesMills		,	TRAINING
12:10p	CARDIO & LESMILLS CIRCUIT & <b>CXWORX</b>	Y-CYCLE	CXWORX & SH'BAM	Y-CYCLE		Scheduled in
	Studio 3/ Kelly	Studio 3/ Les/Sue	Studio 2/ Shelly	Studio 3/ Les/Sue		Studio 1.
4:30p			vinyasa yoga			
шоор			Studio 2/ Pat			
4:45p	BODYPUMP EXPRESS 30		BODYPUMP			
ч:тэр	Studio 1/ Sue		Studio 1/ Sue			
5:00p		CARDIO POP				
элээр		Studio 1/ Amanda				
5:30p	BODYPUMP EXPRESS 30	waterfitness		waterfitness		
	Studio 1/ Nicole	POOL/ Jeanne		POOL/ Jeanne		
5:30p		BOXING BOOTCAMP		EXPRESS 30		
3.30р		Studio 3/ Dana		Studio 1/ Shelly		
F. 4E.			INTERVAL TRAINING		STUDIO 1 -Lobb	у
5:45p			Studio 1/ Katy		STUDIO 2 -Next	to Track (3)
	BODYCOMBAT EXPRESS 30			LESMILLS CXWORX	STUDIO 3 -Next	to Weight Rm(3)
6:00p	Studio 1/ Nicole			Studio 1/ Shelly		
	224410 17 1110010			210010 17 SHENY	**Keys to fitness s	
6:30p					signed out as long is NOT a Fitness C	
					MUST have photo	
6:45p			TAI CHI		sign out key.	ib to
- 0.15р			Studio 3/ Matt		,	

<u>SMART START</u>: Remember, the first step to fitness isn't a leap. The key is to start slow, keep it fresh, but most importantly, have fun and the results should follow!

- START SLOW Don't push your body too soon, stop your workout when things are feeling tough.
- <u>BUILD GRADUALLY</u> Aim towards staying for a full workout as your fitness builds. Don't be afraid to leave after the first 4 or 5 tracks for the first few weeks while you are adjusting to your new routine.
- MODIFIY: All classes have modifications for all fitness levels so you can work within your fitness level.
- MIX IT UP Include a mix of strength, cardio and flexibility training.