



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA GROUP EXERCISE

SUNDAY JUNE 4<sup>th</sup> – SATURDAY JULY 1<sup>st</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Y-CYCLE Studio 3/ Kelly	Studio 1/ Kelle	Studio 1/ Kelle		
6:00a	BOOTCAMP Studio 1/ Jeremy	6:15a Studio 3/Kelly		KETTLEBELL Studio 3/ Craig	BOOTCAMP Studio 1/ Jeremy	
8:30a						Studio 2/ Pat
9:00a	POOL/ Jeanne		POOL/ Jeanne		POOL/ Jeanne	Studio 1/ Jessica
9:30a	Studio 1/ Ashley		Studio 1/ Cosy		Studio 1/ Marianne	CARDIO 30 Studio 1/ Jessica
11:30a		Studio 1/ Kelle		Studio 1/ Lisa		*Saturday JUNE 24th NO BODYPUMP & CARDIO 30 – Les Mills GRIT TRAINING Scheduled in Studio 1.
12:10p	Studio 1/ Shelly	Studio 1/ Shelly	Studio 1/ Kelle	Studio 1/Shelly/Kelle	Studio 1/ Shelly	
12:10p	CARDIO CIRCUIT &  Studio 3/ Kelly	Y-CYCLE Studio 3/ Les/Sue	&  Studio 2/ Shelly	Y-CYCLE Studio 3/ Les/Sue		
4:30p			Studio 2/ Pat			
4:45p	EXPRESS 30 Studio 1/ Sue		Studio 1/ Sue			
5:00p		CARDIO POP Studio 1/ Amanda				
5:30p	EXPRESS 30 Studio 1/ Nicole	POOL/ Jeanne		POOL/ Jeanne		
5:30p		BOXING BOOTCAMP Studio 3/ Dana		EXPRESS 30 Studio 1/ Shelly		
5:45p			INTERVAL TRAINING Studio 1/ Katy		STUDIO 1 –Lobby STUDIO 2 –Next to Track (3) STUDIO 3 –Next to Weight Rm(3)  **Keys to fitness studios may be signed out as long as there is NOT a Fitness Class Schedule. MUST have photo ID to sign out key.	
6:00p	EXPRESS 30 Studio 1/ Nicole			Studio 1/ Shelly		
6:30p						
6:45p			TAI CHI Studio 3/ Matt			

**SMART START:** 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.
- **BUILD GRADUALLY** – 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.
- **MODIFY:** 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.