Basic & Brief - Lower Level

August

Monday

8:30 - 9:30	**Wellness for Life Strength & Courage	Robin/Dima
9:45 - 10:30	Basic & Brief - Strength	Josh
11:00 - 12:00	Basic & Brief	Dima

Tuesday

9:20 - 10:20	Basic & Brief	Tobi
11:00 - 12:00	Basic & Brief	Becky
1:00 - 2:00	Basic & Brief	Nancy Jo/ Becky
6:30-7:25	Curvy Girls	Becky

Wednesday

8:30 - 9:30	**Wellness for Life Strength & Courage	Robin/Dima
9:45 - 10:30	Basic & Brief - Strength	Josh
10:45 - 11:45	Basic & Brief	Dima

Thursday

9:20 - 10:20	Basic & Brief	Tobi
11:00 - 12:00	Basic & Brief	Becky
1:00 - 2:00	Basic & Brief	Nancy Jo/Becky
6:30 -7:25	Curvy Girls	Becky

*Registration Required

Printed Schedule Subject to Change.

Visit www.ymcaerie.org for the most up-to-date schedule.

Updated 8/3/2017