



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# July 3rd Group Exercise Schedule

TIME	CLASS	LOCATION	INSTRUCTOR
8:00AM-9:00AM	Senior Fitness	Studio 7	Karen
8:30AM-9:00AM	Absolutely	Studio 6	Gwen
9:15AM-10:15AM	BODYCOMBAT	Studio 7	Eva
9:00AM-10:00AM	Y-Cycle: Coach By Color	Cycling Studio	Shanda
9:15AM-10:15AM	Yoga	Studio 2	Levy
9:15AM-10:15AM	BODYPUMP	Studio 6	Jim
10:30AM-11:20AM	Zumba	Studio 6	Gwen
10:30AM-11:30AM	BODYFLOW	Studio 7	Eva

**PM Classes will not be held Have a great Holiday**

**QUESTIONS? Contact**

**Timeka Boone**

**Group Exercise Coordinator**

**tboone@ymcamke.org or 414.374.9405**