



# LABOR DAY

## GROUP EXERCISE SCHEDULE

### MONDAY, SEPTEMBER 4TH

<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
8:45am-10:00am	Y-Cycle	Trish	F
10:15am-11:15am	BODYPUMP®	Andrea	B
11:30am-12:15pm	Yoga	Deb	D



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CLASS DESCRIPTIONS

**Y-Cycle 60 minutes.** The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. Great for all levels of fitness and intensity is controlled individually at each bike.

**BODYPUMP®** This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.