



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RITE-HITE FAMILY YMCA MEMORIAL DAY GROUP EXERCISE SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION
9:00 AM	Y-Cycle	Liza	Cycling Studio
9:00 AM	Body Combat®	Eva	Studio 7
10:10 AM	Body Pump®	Sarah	Studio 6
11:15 AM	Yoga	Levy	Studio 7