



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RITE-HITE FAMILY YMCA

Wednesday July 11 (Special one day schedule)

GROUP EXERCISE SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION
5:30am	Cardio Fusion	Abdul	Studio 7
6:00am	BodyPump®	Jen B	Studio 6
8:00am	Senior Fitness	Kim	Studio 6
8:30am	Absoglutely	Mel	Studio 4
8:30am	Tactical Squad	Shanda	SG Studio
9:15am	BodyStep®	Jen	Studio 4
9:15am	Y-Cycle	Laura C.	Cycling Studio
10:00am	Tai Chi	Cathy	Studio 4
10:30am	BodyFlow®	Steve	Studio 2
10:30am	BodyPump®	Gretchen	Studio 6
11:30am	Yoga	Ulas	Studio 4
1:00pm	SSFP Classic	Kim	Studio 6
5:20pm	Zumba®	Alana	Studio 6
6:30pm	BodyPump®	Laura	Studio 6
6:30pm	Advanced Step	Lynda	Studio 4
7:00pm	Zumba	Tomia	Cycling Studio