



RITE-HITE FAMILY YMCA GROUP EXERCISE SCHEDULE FRIDAY, NOVEMBER 23

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
6:00-7:00	BODYPUMP®	Studio 6	Jim
8:00-9:00	Senior Fitness	Studio 7	Liza
9:00-10:00	Y-Cycle	Cycling Studio	Allison
9:15-10:15	BODYPUMP®	Studio 6	Eva
9:15-10:15	BODYSTEP® Athletic	Studio 7	Jenny N.
10:30-11:30	BODYPUMP®	Studio 6	Karen
10:30-11:20	Zumba®	Studio 7	Marissa
PM			
5:30-6:30	Zumba®	Studio 7	Tomia

Saturday, November 24th and Sunday, November 25th

Regular Group Exercise Schedule

Questions: Contact Andria Hall at ahall@ymcamke.org
414.374.9405