



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMORIAL DAY

## GROUP EXERCISE SCHEDULE

### MONDAY, MAY 27TH

<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
9:00am-10:00am	Y Cycle	Madi	F
10:15am-11:00am	Y Stretch Flow	Sharon	B
10:15am-11:15am	BODYPUMP®	Jessica	D
11:30am-12:15pm	Zumba	Dominique	D



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# 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.

**Y-Stretch Flow:** A blend of Yoga, Pilates, and Tai Chi set to inspiring music. Flow through poses and sequences for strength, balance and flexibility. Y Stretch Flow is a journey that will leave you feeling stronger, balanced and energized.

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

**Zumba®:** A fun and effective workout system that combines a tough workout with a party like atmosphere. This Latin dance inspired class is an easy to follow calorie burning fitness party.