



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LABOR DAY

GROUP EXERCISE SCHEDULE

MONDAY, SEPTEMBER 2ND

Time	Class	Instructor	Location
9:00am-10:00am	Y Cycle	Ashley	F
9:15am-10:00am	Y Cardio Funk	Jessica	D
10:15am-11:15am	BODYPUMP®	Julie	D
11:30am-12:15pm	Yoga	Tonieh	B



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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.

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

Y Cardio Funk: A combination of high and low impact aerobics performed in a “funky dance” style.