



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING WEEK GROUP EXERCISE SCHEDULE DOWNTOWN YMCA

THURSDAY, NOVEMBER 28TH

Closed for Thanksgiving Day.

FRIDAY, NOVEMBER 29TH

Time	Class	Instructor	Location
9:00am-9:45am	YCycle	Ashley	F
9:00am-9:45am	Zumba®	Gina M	D
10:00am-11:00am	BODYPUMP®	Gina E	D
11:15am-12:15pm	Yoga	Camelia	D

There will be no fee-based classes (besides YBlitz) November 25th-December 1st.



Questions?
Contact Laura Becker at lbecker@ymcamke.org



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CLASS DESCRIPTIONS

YCycle CBC*: This YCycling program uses ICG's 5-Zone Color System to individualize each class. This system delivers real-time, color-coded biofeedback to users, so everyone can get the same high-intensity low-impact workout based on their level of fitness. 45-60

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.

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

YCardio Funk: A combination of high and low impact aerobics performed in a "funky dance" style.

YBlitz The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.