



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE DEMO WEEK SCHEDULE DOWNTOWN YMCA

Come try something new! Drop in for any of our 15-minute demo classes for free all week February 23rd-29th.

Sunday (2/23)

Total Gym® **10:40am-10:55am** **Studio C**

Monday (2/24)

strYkeforce **5:10pm-5:25pm** **Studio C**

Tuesday (2/25)

Cycling **5:30pm-5:45pm** **Studio F**

Wednesday (2/26)

BodyPump® **5:10pm-5:25pm** **Studio B**

Thursday (2/27)

TRX® **6:20pm-6:35pm** **Studio C**

Saturday (2/29)

Yoga **11:10am-11:25am** **Studio D**



Questions?

Contact Laura Becker at lbecker@ymcamke.org