



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE DEMO WEEK SCHEDULE RITE-HITE FAMILY YMCA

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

## Monday (2/24)

**Total Gym®**      **5:00-5:15pm**      **Studio 4**

## Tuesday (2/25)

**Cycling**      **5:20-5:35pm**      **Cycling**

## Wednesday (2/26)

**BodyPump®**      **6:00-6:15pm**      **Studio 6**

## Wednesday (2/26)

**Yoga/ YSF**      **6:00-6:15pm**      **Studio 2**

## Thursday (2/27)

**TRX®**      **5:00-5:15pm**      **Small Group Rm**

Questions?  
Contact Angela Lindemann—[alindemann@ymcamke.org](mailto:alindemann@ymcamke.org)

