



RITE-HITE FAMILY YMCA
Group Exercise Schedule & Facility Hours
Labor Day | Monday, September 6, 2021

FACILITY HOURS

8:00 AM-1:00 PM

GROUP EXERCISE SCHEDULE

8:00-9:00 AM: Senior Fitness | Studio 7 | Kim/Frances

9:15-10:15 AM: YCycle | Cycling Studio | Laura

9:15-10:15 AM: Yoga | Studio 4 | Angel

9:15-10:15 AM: BODYPUMP | Studio 6 | Stacy

10:15-11:15 AM: BODYCOMBAT | Studio 7 | Erin

10:30-11:30 AM: BODYPUMP | Studio 6 | Laura

HAVE A GREAT AND SAFE HOLIDAY WEEKEND!