



COMPLIMENTARY FITNESS CLASSES

Class size is limited, please arrive early

MONDAY

Kick Start	6:00 am
Core Flow Yoga	7:00 am
Boxing	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
SpinFit	5:30 pm

TUESDAY

Morning Warrior	6:00 am
Let It Flow Yoga	7:00 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Retro Aerobics	5:30 pm
Ladies That Lift	6:00 pm

WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Gym Orientation*	2:00 pm
Boxing	4:30 pm
90 Min. Restorative Yin Yoga	5:30 pm

THURSDAY

Morning Warrior	6:00 am
Boxing & Technique	7:00 am
Functional Athletics	11:30 am
30 Min. Crunch Time	12:30 pm
Lower Body Blast	1:00 pm
Gym Orientation*	2:00 pm
SpinFit	5:30 pm
The Lift Club	6:00 pm

FRIDAY

Cardio Conditioning	6:00 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
Boxing	4:30 pm

SATURDAY

Total Body Conditioning	8:30 am
90 Min. Power Restore Yoga	9:30 am

SUNDAY

90 Min. Flow Fusion Yoga	9:30 am
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**Space limited, register preferred*

VC MASTER SWIM CLUB

Wednesdays & Fridays 7:45 am
\$175. per 6 sessions, \$40. drop-in at YWCA
Call front desk to register