



COMPLIMENTARY FITNESS CLASSES

Class size is limited, please arrive early

MONDAY

Kick Start	6:00 am
Boxing	11:30 am
Pilates Sculpt	12:30 pm

TUESDAY

Morning Warrior	6:00 am
Run Club	7:00 am
Let It Flow Yoga	7:00 am
Senior Stretch & Strength (65+)	11:30 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Meditation	4:45 pm
Total Body Conditioning	5:30 pm

WEDNESDAY

Spin & Sculpt	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Pilates Sculpt	12:30 pm
Boxing	4:30 pm

THURSDAY

Morning Warrior	6:00 am
Run Club	7:00 am
Advanced Boxing	7:00 am
Functional Athletics	11:30 am
30 Min. Crunch Time	12:30 pm
Lower Body Blast	1:00 pm
Strength & Conditioning <i>(in the gym)</i>	4:00 pm
Total Body Conditioning	5:30 pm

FRIDAY

Cardio Conditioning	6:00 am
Power Flow Yoga <i>*new day</i>	7:00 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
Boxing	4:30 pm

SATURDAY

Run Club	8:00 am
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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MASTER SWIM SESSIONS

Wednesdays & Fridays	7:30 am
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*\$175. per 6 sessions, \$40. drop-in at YWCA
Call front desk to register*