



FREE & OPEN TO THE PUBLIC



GROUP EXERCISE

# SAMPLER

Wednesday, September 20th

	GE STUDIO	GYM	CYCLE	POOL
9-9:30am	HIIT	SS Circuit		
9:10-10am				Water Fitness
9:40-10:10am	Group Power	Zumba	Cycling	
10:10-10:55am				Water Fitness
10:20-10:50am	Group Fight	AOA Dance Fitness	Cycling	
11-11:30am	Step	Yoga		
11:40-12:10pm	Barre			
5-5:30pm	Mat Pilates			
5:40-6:10pm	Turn Up Dance Fitness		Cycling	
6:20-6:50pm	TRX Suspension			
7-7:30pm	Yoga		Cycling	

\*All classes require a reservation via MyY app or at [www.MyY.org](http://www.MyY.org) up to 48 hours in advance.