

# FITNESS CLASS DEMO NIGHT SCHEDULE

Monday, January 14

## GYM #1

5:30pm Introduction-Jen

5:45pm-6:00pm

RIP -Trisha

6:10pm-6:25pm

Muscle Pump-Jen B

6:55pm-7:10pm

Step/Sport-Rachel

## GYM #2

6:30pm-6:45pm

Bootcamp -Heather

7:20pm-7:35pm

Kickboxing-Emily

7:45pm-8:00pm

Zumba-Chivon, Loni &  
Ayan

## Multi-Purpose Room

5:45pm-6:00pm

HIIT round #1-Justin

6:10pm-6:25pm

HIIT round #2-Justin

6:30pm-6:45pm

HIIT round #3-Justin

6:55pm-7:10pm

Interval Mix-Emily

7:20pm-7:35pm

Transform-Trisha

7:45pm-8:00pm

Yoga/Pilates Blend-  
Alaina



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUPERIOR DOUGLAS COUNTY FAMILY YMCA  
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