



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE AUGUST 2020

MONDAY

9:30am	Cardio Burnout	Varied
9:30am	SS Splash	Patricia
11:00am	SS Classic	Jill
5:30pm	Spin	Varied

TUESDAY

6:15am	Boot Camp	Jen B.
11:00am	SS Yoga	Matt
5:30pm	Build & Burn	Justin
6:00pm	Youth Fitness	Andy (GYM)

WEDNESDAY

9:30am	RIP/Muscle Pump	Varied
9:30am	SS Splash	Jill
5:30pm	Mind/Body	Varied

Classes will vary from Transform, Full Body Mobility, and Yoga depending on the week. Check out Reservation system to see the class scheduled for the week.

THURSDAY

6:15am	Spin	Jill
11:00am	SS Circuit	Varied
5:30pm	Cardio Burnout	Varied

FRIDAY

2:00pm	SS Stability	Matt
3:00pm	Full Body Mobility	Matt

SATURDAY

8:30am	Instructor's Pick	Jen R.
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Classes will vary from Power Up & Tone, Cardio Drumming, Kickboxing, Mind/Body etc. Check our Reservation system to see the class schedule for that week.

Fitness Classes are FREE and currently available to Superior YMCA Members only

**Reservations required to attend Fitness Classes
 Visit www.superiorymca.org to reserve your appointment**

**Questions? Contact Jen Rosnau, Health and Wellness Director
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