



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL EXERCISE SCHEDULE

YOUR VIRTUAL YMCA

Stay active and connected from anywhere with a few of our very own virtual classes put together by your favorite instructors. We will continue to premiere virtual classes daily on our **Virtual YMCA**, **Facebook Group**, and **YouTube** pages so that you can exercise with us wherever you are, whenever you'd like.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:30AM Barre Fit w/ Jodi (Facebook Live)		
	9:00AM ZUMBA® w/ Stephanie	10:00AM HIIT w/ Lori		10:00AM Strength & Core w/ Lori	
		12:00PM Vinyasa Flow w/ Jane (Facebook Live)	12:30PM Healthy Back & Bones w/ Andie (Facebook Live)	12:00PM Basic Yoga w/ Lucila	
4:00PM ZUMBA® w/ Jamie (Facebook Live)	4:30PM Barre Fit w/ Amy (Facebook Live)		4:30PM Strength & Core w/ Amy (Facebook Live)		
5:30PM Pilates w/ Sandra					