

YMCA Wellness Classes

FREE to Members

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Flex 9:45am-10:15am		Stretch and Flex 9:45am-10:15am		
Ab Express 12:15pm-12:45pm	Zumba 12:00pm-1:00pm	Ab Express 12:15pm-12:45pm	Zumba 12:00pm-1:00pm	
Yogalates 5:30pm-6:00pm		Yogalates 5:30pm-6:00pm		Yogalates 5:30pm-6:00pm
Floor Aerobics 6:00pm-6:30pm	Floor Aerobics 6:15pm-7:15pm	Floor Aerobics 6:00pm-6:30pm	Floor Aerobics 6:15pm-7:15pm	Floor Aerobics 6:00pm-6:30pm
Zumba 6:30pm-7:30pm		Zumba 6:30pm-7:30pm		

Stretch and Flex- Light cardio, light weight work, and lots of stretching in a low impact 30 minute workout.

Ab Express: A 30 minute lunch time workout that is focused on toning the abdominal muscles.

Yogalates: A little yoga to stretch and relax-Pilates to tone and strengthen.

Floor Aerobics: A high impact workout with a variety of exercises to tone muscles and increase cardiovascular endurance.

Zumba: A Latin inspired cardio workout that gets you healthy through dancing.

