

Downtown Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Downtown Y Group Ex Room 10:30 - 11:30 AM Yoga Instructor: Athena	Downtown Y Group Ex Room 8:00-9:00 AM LES MILLS BODYPUMP™ Instructor: Michelle Downtown Y Aerobics Room 9:15 AM-10:15 AM Pilates Instructor: Emma Downtown Y Aerobics Room 11:00 AM-11:45 AM Tai Chi Instructor: TBA Downtown Y Group Ex Room 4:30-5:30 PM 30/30 Zumba/Shine Combo Class Instructor: Tammy Starts June 14	Downtown Y Gym 5:30-6:30 AM Bootcamp Instructor: Amy *Will move to Thompson Park 6/22, 6:00-7:00 am Downtown Y Group Ex Room 9:15 - 10:15 AM Morning Yoga Flow Instructor: Danielle Downtown Y Group Ex Roo 5:30-6:30 PM LES MILLS BODYPUMP™ Instructor: Jason	Downtown Y Group Ex Room 8:00-9:00 AM LES MILLS BODYPUMP™ Instructor: Michelle Downtown Y Group Ex Room 9:15-10:15 AM Pilates Instructor: Emma	Downtown Y Group Ex Room 9:30-10:30 AM Yoga Instructor: Betsy <hr/> SATURDAY Downtown Y Gym/Aerobics Room 8:00-9:00 AM LES MILLS Tabata / BODY- PUMP™ Instructor: Michelle OR Santana *Saturday Classes rotate each week