

Downtown Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>YOGA</u> Group Ex Room 10:30 – 11:30 AM Instructor: Athena</p>	<p><u>LES MILLS</u> <u>BODYPUMP™</u> Group Ex Room 8:00–9:00 AM Instructor: Michelle</p> <p><u>PILATES</u> Aerobics Room 9:15 AM–10:15 AM Instructor: Emma</p> <p><u>TAI CHI</u> Aerobics Room 11:00 AM–11:45 AM Instructor: TBA</p> <p><u>30/30 ZUMBA/ SHINE COMBO CLASS</u> Group Ex Room 4:30–5:30 PM Instructor: Tammy Starts June 14</p>	<p><u>BOOTCAMP</u> Downtown Y Thompson Park 6:00–7:00 AM Instructor: Amy</p> <p><u>MORNING YOGA</u> <u>FLOW</u> Group Ex Room 9:15 – 10:15 AM Instructor: Danielle</p> <p><u>LES MILLS</u> <u>BODYPUMP™</u> Group Ex Room 5:30–6:30 PM Instructor: Jason</p>	<p><u>LES MILLS</u> <u>BODYPUMP™</u> Group Ex Room 8:00–9:00 AM Instructor: Michelle</p> <p><u>PILATES</u> Group Ex Room 9:15–10:15 AM Instructor: Emma</p>	<p><u>YOGA</u> Group Ex Room 9:30–10:30 AM Instructor: Betsy</p> <hr/> <p>SATURDAY</p> <p><u>LES MILLS</u> <u>TABATA /</u> <u>BODYPUMP™</u> Gym/Aerobics Room 8:00–9:00 AM Instructor: Michelle OR Santina *Saturday Classes rotate each week</p>

