

SPRING BREAK GROUP EX SCHEDULE

Saturday, April 20th

- 8:30 AM: **Instructor's Choice** - Les Mills Core with Erika
- 9:00 AM: ICG Coach by Color Cycle Class with Laura

Sunday, April 21st

- 10:15 AM: Zumba with Nadia

Monday, April 22nd

- 8:30 AM: Les Mills Core will be VIRTUAL Les Mills Core
- 9:30 AM: Les Mills Tone will be VIRTUAL Les Mills Grit
- 5:00 PM: ICG Coach by Color Cycle Class will be VIRTUAL Les Mills RPM

Tuesday, April 23rd

- 5:15 AM: PM ICG Coach by Color Cycle Class will be VIRTUAL Les Mills RPM
- 9:00 AM: Tabata will be Virtual Les Mills Grit

Wednesday, April 24th

- 8:30 AM: Les Mills Core will be Virtual Les Mills Core

Thursday, April 25th

- 8:30 AM: Les Mills Body Pump will be Virtual Les Mills Body Pump

Friday, April 26th

- 8:00 AM: Enhance Fitness will be Shine/Uplift with Tammy
- 9:15 AM: Les Mills Body Pump will be Virtual Les Mills Body Pump

Saturday April 27th

- 8:30 AM **Instructor's Choice** - Shine/Uplift with Tammy
- 9:00 AM: ICG Coach by Color Cycle Class at with Annie

Sunday April 28th

- 10:15 AM: Zumba with Amy

Monday, April 29th

- 8:00 AM: Enhance Fitness will be Cardio Walk on the Track & Participant led Weight Training

WATERTOWN FAMILY YMCA



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