



GROUP FITNESS SPOTLIGHT DAY

THE LISTED CLASSES ARE FREE & OPEN TO EVERYONE ON FEBRUARY 25TH

	STUDIO A	STUDIO B	CYCLE
5:30 AM	BODYPUMP	OPEN STUDIO	* Indicates Virtual Instruction
6:00 AM		OPEN STUDIO	CYCLE EXPRESS *
7:00 AM		OPEN STUDIO	CYCLE ENDURANCE *
8:00 AM	SEAT	OPEN STUDIO	CYCLE HIIT *
9:00 AM	HIIT VARIETY	YOGA	AB BLAST *
10:00 AM	SILVER SNEAKERS (10:15)	YOGA	CYCLE
11:00 AM	HIIT VARIETY	OPEN STUDIO	CYCLE (11:15)
12:00 PM	LES MILLS CORE (12:15)	YOGA	
1:00 PM	BODYBALANCE	OPEN STUDIO	CYCLE
2:00 PM	LES MILLS DANCE	OPEN STUDIO	CYCLE
3:00 PM	HIIT VARIETY	OPEN STUDIO	CORE AND MORE *
4:00 PM	BODYPUMP	YOGA (4:30)	CYCLE (4:30)
5:15 PM	BODYPUMP	OPEN STUDIO	
6:00 PM		BODYCOMBAT	CYCLE
6:30 PM	ZUMBA		
7:00 PM		STRONG	OPEN STUDIO

■ BEGINNER, LOW INTENSITY
 ■ INTERMEDIATE, MODERATE INTENSITY
 ■ ADVANCED, HIGH INTENSITY

OPEN STUDIO TIMES ARE AVAILABLE FOR INDIVIDUAL EXERCISE. DO YOUR OWN ROUTINE OR USE VIRTUAL WORKOUTS ON YMCA 360.