



CLASS SCHEDULE

Monday

8:15 am – BodyPump
9:30 am - Active Older Adults
4:00 pm - BodyPump

Tuesday

5:15 am – BodyPump
4:15 – Beginners' Fitness
5:15 pm – BodyPump

Wednesday

8:15 am – BodyPump
9:30 am – Active Older Adults
4:00 pm - BodyPump

Thursday

5:15 am – BodyPump
4:15 – Beginners' Fitness
5:15 pm – BodyPump

Friday

8:15 am – BodyPump
9:30 am – Active Older Adults
5:15 pm – Boot Camp

Saturday

9:00 am – BodyPump

Sunday

3:00 pm – Boot Camp

Babysitting will **not** be provided at the YMCA Express