



CLASS SCHEDULE

Monday

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

Tuesday

5:15 am – BodyPump
5:15 pm – BodyPump

Wednesday

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

Thursday

5:15 am – BodyPump
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

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