



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS FITNESS SCHEDULE

SUMMER SEASON: June Schedule

5/20/2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am				Group Cycle (45) Timmy - Studio B	
6:00am	SGT Workouts w/ Jon (75) Fitness Floor		SGT Workouts w/ Jon (75) Fitness Floor		SGT Workouts w/ Jon (75) Fitness Floor
6:15am				SGT Warrior Workout (45) Trish - Fitness Floor	
6:30am	Suspension Training (45) JT - Fitness Floor		Suspension Training (45) JT - Fitness Floor		Suspension Training (45) JT - Fitness Center
			Yoga Flow (60) Scott - Studio C		
12:00pm				Build with Bodyweight (60) JT - Fitness Floor	
12:10pm	Yoga Flow (50) Meena - Studio C	Pilates Mat Work (50) Liz - Studio C	Yoga Flow (50) Meena - Studio C	Pilates Mat Work (50) Liz - Studio C	
	**Total Body Blast (45) Deanna - Studio A	**Total Body Blast (35) Paige - Studio A		Group Cycle (50) Steve - Studio B	
				**Core & Tabata (45) Jocelyn - Studio A	
12:15pm		Suspension Training (45) JT - Fitness Center			Suspension Training (45) JT - Fitness Center
5:15pm				***Butts & Gutts (45) Dymond - Studio A	
5:45pm	Group Cycle (60) Stephanie - Studio B		Turning Point (60) Brenda - Studio C		
	Power Yoga (60) India - Studio C				
6:00pm	**Total Body Blast (45) Morgan - Studio A	Yin Yoga (60) Meena - Studio C	***No Excuses (45) Robyn - Studio A		
	Build with Bodyweight (60) JT - Fitness Center				
6:45pm	SGT Weights with Caley (45) Caley - Fitness Center				

**Indicates free classes for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.

DOWNTOWN YMCA WELLNESS CENTER
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