

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Classes will run January 4 - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am			Vinyasa Yoga - A 6:00 - 7:00 am Indira		Total Body Workout - A 6:00-6:45 am Bridget
6:00am	*Glide - B Jan. 11 - March 1 Bridget \$50.00	Indoor Cycling - B 6:00-7:00 am John Y	Total Body Workout - B 6:00-6:45 am Bridget	Indoor Cycling - B 6:00-7:00 am John Y	Beginning Cycling - B 6:00-7:00 am John Y
7:00am				Core (Target Workout) - A 7:00-8:00am Aaron	
11:30am	Hatha Yoga - A 11:30 am-12:15 pm Indira	Pilates - A 11:30 am-12:15 pm Aaron	EXPRESS WORKOUT Meditation/Yoga - A 11:30 am-12:00 pm Sharron	Pilates - A 11:30 am-12:15 pm Aaron	Hatha Yoga - A 11:30 am-12:15 pm Sharron
11:30am	Boot Camp - B 11:30 am-12:30 pm Justin	Spin - B 11:30 am-12:30 pm Bridget	*Bosu CardioFITT - B 11:30 am-12:30 pm Bridget \$50.00	Spin - B 11:30 am-12:15 pm Bridget	Boot Camp - B 11:30 am-12:30pm Darnell
12:30pm	Power Yoga - A 12:30-1:15 pm Indira	Core (Target Workout) 12:30-1:15 pm Aaron	Vinyasa Yoga - A 12:15-1:15 pm Sharron	Core (Target Workout) - A 12:30-1:15 pm Aaron	Power Yoga - A 12:30-1:15 pm Sharron
12:30pm		EXPRESS WORKOUT Total Body Strength - B 12:45-1:15 pm Bridget	*Boxing - B 4 sessions per month Justin \$60.00	Total Body Workout - B 12:30-1:15 pm Bridget	
4:30pm		Total Body Workout - B 4:30-5:30 pm Kelly		Total Body Workout - B 4:30-5:30 pm Kelly	
5:00pm	Pilates Fundamentals - A 5:00-5:45 pm Aaron				
5:15pm - 5:20pm		Vinyasa Yoga - A 5:20-6:20 pm Sharron	EXPRESS WORKOUT Core (Target Workout) - A 5:15-5:45 pm Aaron	Vinyasa Yoga - A 5:20-6:20 pm Sharron	
5:30pm	*Boxing - B 4 sessions per month Justin \$60.00	Boot Camp - B 5:30-6:30 pm Darnell	EXTENDED TIME Zen Spin - B 5:30-7:30 pm Terri	Boot Camp - B 5:30-6:30 pm Justin	
6:00pm	Pilates Strength - A 6:00-6:45 pm Aaron		Pilates Strength - A 6:00-7:00 pm Aaron		
6:30pm		Hatha Yoga - A 6:30-7:30 pm Sharron		Ashtanga Yoga - A 6:30-7:30 pm Sharron	

Check out our extended time and express workouts in **BOLD**



YMCA Renaissance Center
Call 313-309-3377 for more information
Or visit www.ymcadetroit.org

Classes highlighted in **Blue** are Specialty Paid Group Classes or Small Group Personal Training.

*Limited spaces available, register today!