



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH AMBOY YMCA GROUP EXERCISE

www.ymcaofmewsa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:15-10:15 HYBRID** Pilates* EJ STUDIO		7:30-8:30 Group Cycling Nancy GYM	
				11:00-12:00 HYBRID** Fit for Life Jeanine STUDIO	8:45-9:45 Yoga* Nancy STUDIO	
					10:00-11:00 Fit for Life Jeanine ALTERNATING Chair Yoga Nancy STUDIO	11:15-12:15 Family Zumba® Srividya GYM AGES 8+ ***
	6:00-6:55 Zumba® Jeanine GYM		6:00-6:55 Zumba® Srividya GYM			

- Advanced online registration is required
- All participants must check in at our Welcome Center
- A health screening will be completed at check-in
- A mask must be worn in our facility at all times
- We ask that 6 feet of social distancing be maintained before, throughout and after class

****HYBRID** classes can be attended in-person at our branch or virtually from home!

*****AGES 8+**
Children ages 8-11 are permitted with a participating adult

***Bring your own yoga/fitness mat.**