



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH AMBOY YMCA

www.ymcaofmewsa.org

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
					7:30-8:30 Group Cycling Nancy GYM		<ul style="list-style-type: none"> 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
				11:00-12:00 HYBRID Fit for Life Jeanine STUDIO	8:45-9:45 Yoga* Nancy STUDIO	8:45-9:45 Yoga* Michelle STUDIO	
					10:00-11:00 Fit for Life Jeanine ALTERNATING Chair Yoga Nancy STUDIO	11:15-12:15 Zumba® Srividya GYM	
	6:00-6:55 Zumba® Jeanine GYM		6:00-6:55 Zumba® Srividya GYM				

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