



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## SOUTH AMBOY YMCA

[www.ymcaofmewsa.org](http://www.ymcaofmewsa.org)

# OUTDOOR GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FREE for Active Members \$15 for Non-Members
			8:00-9:00 <b>Yoga*</b> Michelle		<ul style="list-style-type: none"> <li>Advanced online registration is required</li> <li>A face covering is required for check-in and can be removed for class</li> <li>Health screenings will be completed at check-in.</li> <li>We ask that 6 feet of social distancing be maintained before, throughout and after class</li> <li>Participants will not have access to the building for any reason so please plan ahead</li> <li>Class will be cancelled for inclement weather</li> </ul>
9:00-10:00 <b>Group Cycling</b> Annmarie		9:00-10:00 <b>Zumba®</b> Srividya			
	5:30-6:30 <b>Zumba®</b> Jeanine		5:30-6:30 <b>Zumba®</b> Srividya		

Contact Annmarie Sabovick  
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**\*Bring your own yoga/fitness mat.**