



OUTDOOR GROUP EXERCISE CLASSES

RUNNING SHUTDOWN WEEK (August 6 - August 14)

Classes held at YMCA Pavilion

	MONDAY, 8/8	TUESDAY, 8/9	WEDNESDAY, 8/10	THURSDAY, 8/11	FRIDAY, 8/12
9:00 AM					
9:00 AM	Outdoor Dance Fitness 60 Min - Melissa M	Outdoor Yoga 50 Min - Laura	Outdoor Dance Fitness 60 Min - Melissa M	Outdoor Yoga 50 Min - Linda	Outdoor Dance Fitness 60 Min - Melissa M
5:00 PM					
5:00 PM	Outdoor Body Weight Boot Camp 50 Min - Anne	Outdoor WERQ® 60 Min - Shana	Outdoor Body Weight Boot Camp 50 Min - Cecy	Outdoor WERQ® 60 Min - Shana	Outdoor Body Weight Boot Camp 50 Min - Cecy