



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summary of Group Exercise Schedule Changes: Spring 2 Session: April 24th – June 4th

- Mon 6:15pm Gentle Yoga now in the Multipurpose Room
- Mon-Thurs Aquacise Cancelled due to West Pool Closure
- Mon/Wed 9:15am Cardio & Strength now taught by Cloe
- Mon/Wed 10:15am Cardio Drumming now taught by Meagen
- Tues/Thurs 5:15pm Total Body Tabata Cancelled due to Low Attendance
- Tues/Thurs 6:15pm New Class! Gentle Yoga is now Cosmic Cycle (50 minutes) with Danielle
- Tues/Thurs 9:15am New Class! Sculpt & Stretch is now Step, Plyo, & Strength (50 minutes) with Danielle

Questions? Comments? Concerns?

Please email Amber Zimmer – Sr. Program Director

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