

DOWNTOWN CLASS SCHEDULE: BEGINNING TUESDAY, SEPT. 5

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Cycle 45 6:30 - 7:15 am (A) Lisa S.			
Restorative Yoga 8:30 - 9:45 am (A) Dana B.	Water Fitness 9:00 - 9:45 am (P) Kate C.		Water Fitness 9:00 - 9:45 am (P) Kate C.			
	SilverSneakers Classic 10:15 - 11:00 am (A) Kate C.		SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H.	Cardio Plus 10:00 - 10:45 am (A) Shelli P.	Water Fitness 10:15 - 11:00 am (P) Rose B.	

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		Gentle Flow Yoga 11:30 am-12:30 pm (A) Dana B.	Hatha Yoga 11:00 am-12:00 pm (A) Donna A.			

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Water Fitness 5:30 - 6:15 pm (A) Donna M.	Vinyasa Yoga 5:30 - 6:30 pm (A) Vanessa W-M	Circuit 5:15 - 5:45 pm (A or G) Jake F.				
		Yoga on Peavey Plaza 5:45 - 6:45 pm (PP) Ashley T.				

Fall Outdoor Yoga

Outdoor yoga Every Wednesday at Peavey Plaza.
Now through October 11 at 5:45 pm.

Open to members and nonmembers. Bring your friends and family!
Classes move indoors in the case of inclement weather.



Gym Location Gym: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (PP) = Peavey Plaza
 Water Fitness Mind/Body Cycle Aqua Music **Small Group Training (\$\$)**

Registration is required due to class size limitations. Updates will be sent via email to registered participants.
 Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcamppls.org/schedules.

