



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS CLASS SCHEDULE

YMCA RURAL PROGRAM CENTER (EFFECTIVE 2/1/2021)

## QUINCY FAMILY YMCA CLASSES

### Group Fitness Schedule 2021

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

There's strength in numbers. The energy of a group, rhythm of the music, and motivation from an instructor will keep your heart rate up and your body moving.

The Y offers a variety of group exercise classes FREE with membership. We have something for every interest and every fitness level. Our experienced instructors will help you have fun and get healthy while you gain strength, endurance, and increased energy.

All group exercise classes are designed for a variety of fitness levels.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:45-6:45AM Morning Yoga		
					7:45-8:45AM Yoga	
				8:30-9:15AM ICE	8:30-9:30AM Power Cycling	
	9:00-9:45AM Fit For All		9:00-9:45AM Fit For All	9:30-10:15AM Tabata Boot Camp		
				10:30-11:15AM Vinyasa Flow Yoga		
				12:15-12:45PM Yoga		
				<b>**All Friday, Saturday &amp; Sunday classes are held at the Quincy Family YMCA, 3101 Maine Street.</b>		
	5:30-6:15PM Circuits		5:30-6:15PM Fit For All			