



OUTDOOR CLASS SCHEDULE

JUNE 17–SEPTEMBER 26

TUESDAY

ONLY ABS

8:15–8:45 AM

Come enjoy your ab exercises in the fresh air. Class will be moved to Studio 1 if there is inclement weather

Kathy L.

WEDNESDAY

HIIT CIRCUIT

7:00–7:45 AM

This class is a station format including core, weighted exercises, TRX Suspension Training, battle rope, bands & more. **Class will be canceled** if there is inclement weather

Kathy L.

FRIDAY

ONLY ABS

7:15–8:00 AM

Come enjoy your ab exercises in the fresh air. Class will be moved to Studio 1 if there is inclement weather

Kathy L.

THINGS TO NOTE:

- Advanced registration is required to attend these classes. Opens online 23-hours in advance
- You must check in at the Welcome Center prior to coming outside to class
- The class is held to the left of the building
- Please bring your own mat to class
- Must be 16+ to participate
- Use of our outdoor space must be with a YMCA instructor during a scheduled class time