



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BLACK FRIDAY

## GROUP FITNESS CLASS SCHEDULE FOR NOVEMBER 28

|  | TIME        | CLASS                   | LOCATION | INSTRUCTOR |
|--|-------------|-------------------------|----------|------------|
|  | 5:30-6:30A  | Indoor/Outdoor Bootcamp | Studio A | JoElle     |
|  | 7:15-8      | Y Foundation Fitness    | Studio A | Nancy      |
|  | 8:15-9      | Aqua Cardio             | Pool     | Nancy      |
|  | 9:15-10     | Aqua Cardio             | Pool     | Nancy      |
|  | 9:15-10:15  | BODYPUMP™               | Studio A | Olivia     |
|  | 9:30-10:15  | Barre                   | Studio B | Emily      |
|  | 10:30-11    | Cycle 30                | Studio C | Olivia     |
|  | 10:30-11    | Strength+               | Studio A | Emily      |
|  | 10:30-11:15 | Balance                 | Studio B | Nancy      |
|  | 11:15-11:45 | Core Sculpt             | Studio B | Olivia     |