



Northern Lights YMCA

Delta Program Center Group Exercise Schedule

**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am	Morning Bootcamp	Spin Power	Morning Bootcamp	SpinPower & A.M HIIT 5:15		
9-10am						Cycle&Sculpt Gravity Straps
9-9:30am			Active Older Adult Cycling			
9-9:45am			Tai Chi for Diabetes		Tai Chi for Health	
9:30-10:15am	Hatha Yoga 101	Senior Strong	Hatha Yoga 101	Senior Strong		
10:00-10:30 a.m	3D30		3D30		3D30	
3-3:45pm			Tai Chi for Arthritis			
3:30-4:00 pm		Fitness FUNdamentals				
4:15-5:15pm	YCardio & Tone		YCardio & Tone			
4:30-5:15pm		Barre		Barre		
5:30-6:15pm	YStrength & SpinPower	Zumba	YStrength & Spin Power			
6:30-7:15		Yoga Power		Yoga Power		

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SESSION DATES:
Session I: June 1- June 30
Session II: July 1 - July 31
Session III: August 1- August 31

