



# INTERIM AUGUST 19—SEPTEMBER 6

Northern Lights YMCA

ALL CLASSES FREE!! MEMBERS AND NON-MEMBERS

Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23	Saturday
<u><b>Rise &amp; Shine Cycle</b></u> 5:15—6:00 AM	<u><b>Body Pump</b></u> 5:15-6:00 AM	<u><b>Rise &amp; Shine Cycle</b></u> 5:15—6:00 AM	<u><b>Body Pump</b></u> 5:15-6:00 AM		
<u><b>AM Warrior</b></u> 6:30-7:00 AM		<u><b>AM Warrior</b></u> 6:30-7:00 AM	<u><b>Yoga For All</b></u> 9:45—10:45 AM		
		<u><b>Body Sculpting</b></u> 10—10:45AM			
<u><b>Indoor Cycle</b></u> 5:30—6:15PM		<u><b>Indoor Cycle</b></u> 5:30—6:15PM			
<u><b>Country Heat</b></u> 6:30—7:30pm		<u><b>Country Heat</b></u> 6:30—7:30pm			
<b>8/26</b>	<b>8/27</b>	<b>8/28</b>	<b>8/29</b>	<b>8/30</b>	
<u><b>Rise &amp; Shine Cycle</b></u> 5:15—6:00 AM	<u><b>Yoga For All</b></u> 9:45—10:45 AM	<u><b>Rise &amp; Shine Cycle</b></u> 5:15—6:00 AM	<u><b>Yoga For All</b></u> 9:45—10:45 AM		
<u><b>Fun &amp; Fit</b></u> 10—10:45AM	<u><b>PiYo—Intro</b></u> 6:15-7:00PM	<u><b>Body Sculpting</b></u> 10—10:45AM		<u><b>Fun &amp; Fit</b></u> 10—10:45AM	
		<u><b>Intro to Cycling</b></u> 6:20—6:50PM			
<u><b>Country Heat</b></u> 6:30—7:30pm		<u><b>Country Heat</b></u> 6:30—7:30pm			
<b>9/2</b>	<b>9/3</b>	<b>9/4</b>	<b>9/5</b>	<b>9/6</b>	
<b>closed</b>	<u><b>Body Pump</b></u> 5:15-6:00 AM	<u><b>Rise &amp; Shine Cycle</b></u> 5:15—6:00 AM	<u><b>Body Pump</b></u> 5:15-6:00 AM	<u><b>Fun &amp; Fit</b></u> 10—10:45AM	
	<u><b>Yoga For All</b></u> 9:45—10:45 AM	<u><b>Body Sculpting</b></u> 10—10:45AM	<u><b>Yoga For All</b></u> 9:45—10:45 AM		
	<u><b>PiYo—Intro</b></u> 6:15-7:00PM	<u><b>Triple Threat</b></u> 4:45—5:15PM			
		<u><b>Indoor Cycle</b></u> 5:20—6:05PM			
		<u><b>Intro to Cycling</b></u> 6:20—6:50PM			
		<u><b>Country Heat</b></u> 6:30—7:30pm			

**\*\* Must Register \*\***  
with Welcome Desk  
before class date  
  
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