

Holiday Fitness with a Friend Aug 27, 2018 APPLETON YMCA

Y Members may bring a friend FREE for week of August 27-Sept 2, 2018

*Friend must have photo ID

Monday 8/27/2018	Tuesday 8/28/2018	Wednesday 8/29/2018	Thursday 8/30/2018	Friday 8/31/2018	Saturday 9/1/2018	Sunday 9/2/2018
5:30AM Group Cycling- Laura N.	5:15AM <u>Pedaling On the Patio</u> - Cyndi	5:30AM Group Cycling- Emily	5:15AM Group Cycling- Don K.	5:30AM Group Cycling- Don K.	7:00AM H20 Fusion- Mary G. 8:00am Zumba- Emily 9:00am Power Yoga- Jim 10:15am Hatha Yoga-Jim	10:15am Mindful Movement yoga-Jim (Schedule subject to change)
5:30AM H2O Fusion- Elaine 5:45AM Bootcamp-Cyndi 6:45AM H2O Exercise- Roxann 7:30AM Cardiac H2O- Roxann 8:00am Slow Flow yoga- Erica 8:00am Strength and Resistance- Natalie 8:15AM Deep Devotion- Mary P. 9:00am Power Yoga-Erica	5:30AM Strength and Resistance- Mary G. 5:30am Hatha Yoga- Joanna 5:30AM H2O Strength and Stretch- Elaine 6:15AM Pedaling On the Patio-Cyndi 6:15AM Water Running- Tammy S. 7:30am Slow Flow Yoga-Margie 8:00AM Silver Sneakers- Mary P. 8:00AM H2O Fusion- Ron 10:00am Zumba-Andrea 10:30am Simply Stretch-Margie 1:45pm Tai Chi-Margie	7:30AM Cardiac H2O- Ron 8:00am Zumba- Amy 8:15AM Deep Devotion- Suzanne 11:00am Simply Stretch- Teri 12Noon Group Cycling- Tim P.	5:30AM Strength and Resistance- Mary G. 5:30am Hatha Yoga- Joanna 5:30AM H2O Strength and Stretch- Nadine 6:15AM H2O Running- Mary G. 7:30am Slow Flow Yoga- Margie 8:00AM H2O Fusion- Ron 8:45am Step- Laura 10:15am Strength and Resistance-Laura 10:30am Simply Stretch- Margie 5:30AM H2O Fusi Elaine 5:30AM Nordic Walking- Mary G. 6:45AM H2O Exercise-Roxann 7:30AM Cardiac H Roxann 8:15AM Deep Devotion- Mary P. 9:00am Power Yo Jim 9:00am Cardio- Kristina 10:00am Slow Flo Yoga- Jim 12Noon H2O Fusi	5:30AM Nordic Walking- Mary G. 6:45AM H2O Exercise-Roxann 7:30AM Cardiac H2O- Roxann 8:15AM Deep Devotion- Mary P. 9:00am Power Yoga- Jim		
11:05am Simply Strength- Brittny 11:10am Meditative Yoga-	2Noon H2O Strength and cretch- Margie Decial AOA Event:			10:00am Slow Flow		
Erica 12Noon Group Cycling- Tim P. 4:15pm Aerial Yoga-Erica 4:45PM Group Cycling- Carly	12Noon Tailgate Picnic /City Park RSVP Members Services by 8/27 3:15pm Tai Chi for Beginners- Margie 4:20pm Aerial Yoga- Erica 5:20pm Aerial Yoga- Brenda 5:30pm Strength and Resistance- Gail 6:15PM H2O Fusion- Debbie		1:45pm Tai Chi-Margie 12Noon H2O Strength and Stretch- Margie 3:15pm Tai Chi for Beginners-Margie 4:45pm Zumba- Emily 5:25pm Power Yoga- Erick 5:30PM Group Cycling- Carly 6:15PM H2O Fusion- Suzanne 6:30pm Hatha Yoga- Erick			Appleton YMCA 218 E. Lawrence St. Appleton WI 54911 P 920.739.6135 F 920.734.2000 www.ymcafoxciti es.org