



Brace Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt Brace: Group Exercise Room 2 Book					12:00PM-12:55PM (Group Exercise) <i>Charity D.</i>		
Cardio Strength Brace: Group Exercise Room 2 Book						8:00AM-8:55AM (Group Exercise) <i>Amy B.</i>	
High Fitness® Brace: Group Exercise Room 2 Book							12:15PM-1:10PM (Group Exercise) <i>Jaimee P.</i>



Dowd YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Dowd: Keith Studio Book						8:00AM-8:45AM (Group Exercise) <i>Julie W.</i>	12:15PM-1:00PM (Group Exercise) <i>Jennifer S.</i>
Xtreme Hip Hop Step® Dowd: Keith Studio Book						12:00PM-1:00PM (Group Exercise) <i>Latasha B.</i>	



Harris YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Harris: Group Exercise Book						9:00AM-9:55AM (Group Exercise) <i>Carolyn B.</i>	
TurboKick® Harris: Gymnasium - Court A Book						10:15AM-11:10AM (Group Exercise) <i>Carolyn B.</i>	



Morrison Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Fitness® Morrison: Main Group Exercise Room Book						9:30AM-10:20AM (Group Exercise) <i>Emma W.</i>	
Cardio Strength Morrison: Main Group Exercise Room Book						10:45AM-11:35AM (Group Exercise) <i>Connie S.</i>	



Keith Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt Keith: Group Exercise Studio Book							3:00PM-3:45PM (Group Exercise) <i>Monique M.</i>