



eliminating racism
empowering women
ywca

MODIFIED GROUP EXERCISE SCHEDULE

May 20-23, 2021

Thursday, May 20th

9am Yoga—Outside in grassy area between Horne-Henry Center and Cultural Center

9am Group Power—Outside on North side of building by the Linda Bloom Natatorium Entrance

Friday, May 21st

9am Rock Steady Boxing—Lap Pool Upper Deck, please meet in the chairs by the studio and the instructor will lead you to the class location

9am R.I.P.P.E.D.—Outside in grassy area between Horne-Henry Center and Cultural Center

10:15am Enhance®Fitness—Lap Pool Upper Deck, please meet in the chairs by the studio and the instructor will lead you to the class location

Saturday, May 22nd

8:30am Summer Boot Camp—Outside as scheduled, in grassy area between Horne-Henry Center and Cultural Center

9am Buti Yoga—Livestreaming on Virtual Y, class will NOT meet in person this day

****Please note that on these dates the only class that will be livestreamed will be Buti Yoga.**

****In case of inclement weather, outside classes will not be held.**