



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rockland Harbor YMCA INDOOR/OUTDOOR CLASSES September 21-25

Monday

8:00-8:45 AM	Core & More (Sandy)
9:00-9:45 AM	Healthy Seniors (Sandy)
11:00-11:45 AM	Length & Strength (Jennine)
12:00-12:30 PM	Hot Lunch (Jennine)
5:00-6:00 PM	Spin & Core (Jana)
5:15-6:00 PM	Yoga Flow (Inside the Y with Jennine)

Tuesday

10:00-11:00 AM	Cycle (Cliff)
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Wednesday

8:00-8:45 AM	Core & More (Sandy)
9:00-9:45 AM	Healthy Seniors (Sandy)
11:00-11:45 AM	Length & Strength (Jennine)
12:00-12:30 PM	Hot Lunch (Jennine)
5:00-6:00 PM	Spin & Core (Jana)

Thursday

10:00-11:00 AM	Cycle (Cliff)
5:15-6:00 PM	Yoga Flow (Inside the Y with Jennine)

Friday

8:00-8:45 AM	Core & More (Sandy)
9:00-9:45 AM	Healthy Seniors (Sandy)
11:00-11:45 AM	Length & Strength (Jennine)
12:00-12:30 PM	Hot Lunch (Jennine)

MEMBER REGISTRATION - PLEASE CALL 593-8500

Monday - Friday: 5:30 AM - 7:30 PM

Note: Please bring your own mats and water bottles.