



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE ACTIVE BE YOURSELF BELONG



New Fitness Classes ACYMCA FUNCTIONAL FITNESS ROOM

Monday:	6:00 - 6:45 am 4:30 - 5:15 pm	Bootcamp with AJ Bootcamp with Gary
Tuesday:	8:00 - 8:45 am 5:30 - 6:15 pm	Circuit with Kyle (max 8) Strength Circuit with Jenn
Wednesday:	8:30 - 9:15 am 3:30 - 4:15 pm	Circuit with Kyle (max 8) Circuit with Kyle (max 8)
Thursday:	9:45 - 10:30 am 6:30 - 7:15 pm	Strength Circuit with Jenn Bootcamp with Melaine
Friday:	5:45 - 6:30 am 12:00 - 12:45 pm	Bootcamp with Melaine Circuit with Kyle

PLEASE REGISTER FOR CLASSES, SPACE IS LIMITED.