NOVEMBER
MCLEOD FAMILY YMCA GROUP EXERCISE

HOURS OF OPERATION
Mon-Thurs:5:30am-9:00pm
Friday: 5:30am-7:30pm
Saturday: 7:30am-5pm
Sunday: 1pm-5pm

PARENTS NIGHT OUT!
5:30 P.M. - 8:30 P.M.
EVERY FOURTH FRIDAY OF MONTH
FREE CHILD CARE FOR MEMBERS!

MAIN STUDIO

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 a.m.	SS CIRCUIT KATHLEEN	CIRCUIT TRAINING VERONICA	SS CIRCUIT DOLORES	STEP & STRENGTH VERONICA	SS CIRCUIT DENISE	PILATES JENNIFER W.
9:15 a.m.	OPEN FOR USE	OPEN FOR USE	PILATES JENNIFER W.	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE
9:30 a.m.	FULL BODY HIIT KATINA	BODY PUMP VERONICA	OPEN FOR USE	BODY PUMP JENNA	FULL BODY HIIT VERONICA	BODY PUMP NATALIE
10:30 a.m	RENEW & RESTORE KATINA	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE
5:30 p.m.	BODY PUMP NATALIE	OPEN FOR USE	BODY PUMP NATALIE	OPEN FOR USE	ZUMBA GEN	OPEN FOR USE
6:40 p.m.	ZUMBA TRINTON	OPEN FOR USE	ZUMBA TRINTON	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE

MIND / BODY

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 a.m.	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	RENEW & RESTORE VERONICA	OPEN FOR USE
11:00 a.m.	OPEN FOR USE	VIN TO YIN YOGA LIZ	OPEN FOR USE	VINYASA YOGA SARA	OPEN FOR USE	OPEN FOR USE
6:00 p.m.	OPEN FOR USE	GENTLE YOGA SARA	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE

CYCLING STUDIO

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 a.m.	CYCLING SANDY	OPEN FOR USE	CYCLING SARA	OPEN FOR USE	CYCLING SARA	CYCLING SANDY
5:30 p.m.	OPEN FOR USE	CYCLING SANDY	OPEN FOR USE	CYCLING LAURA	OPEN FOR USE	OPEN FOR USE

