



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Summer 2020 LIMITED Schedule

(All classes will be outside)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Code Red 7:00-8:00 am Cody Back Parking Lot		Code Red 7:00-8:00 am Cody Back Parking Lot	
Walking and Toning 8:30-9:30 am Chris Back Parking Lot Equipment: Bring your own band		Walking and Toning 8:30-9:30 am Chris Back Parking Lot Equipment: Bring your own band		Walking and Toning 8:30-9:30 am Lisa Back Parking Lot Equipment: Bring your own band
Yoga 9:30-10:30 am Lisa Back Parking Lot Equipment: Bring your own mat		Yoga 9:30-10:30 am Lisa Back Parking Lot Equipment: Bring your own mat		Yoga 9:30-10:30 am Lisa Back Parking Lot Equipment: Bring your own mat
Silver Sneakers 1 9:30-10:30am Kimberley Back Parking Lot	Silver Sneakers 2 9:30-10:30am Kimberley Back Parking Lot	Silver Sneakers 1 9:30-10:30am Kimberley Back Parking Lot	Silver Sneakers Yoga 9:30-10:30am Kimberley Back Parking Lot	Silver Sneakers 1 9:30-10:30am Kimberley Back Parking Lot

- If you are new to a class, please let the instructor know, they will help you get started
- Due to inability to warm-up properly, please refrain from entering class after warm-up has finished

Questions? Contact:
 Lisa Piec
 Group Exercise Coordinator
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All Classes will be canceled for inclement weather.