

The South Toledo YMCA at the Morse Center: 419-383-5370

FREE

GROUP EXERCISE CLASSES

FOR

YMCA MEMBERS,

UT EMPLOYEES, and UT STUDENTS.

Guests are welcome – sign in at the Member Service Desk.

DECEMBER 21ST, 2009 – JANUARY 2ND, 2010

	MONDAY	TUESDAY	WEDNESDAY	SATURDAY
9:15am		basic strength training (weight room) Susan		
12:10pm	cardio kickboxing Vicky	TRX suspension training Susan	group cycling Robin R.	11:00 am TRX intervals Susan
5:30pm	yoga basics Doug			
7:30pm	step aerobics Larry	(7:45pm) yoga basics Behah	step aerobics Larry	

NOTE: Group cycling is limited to 10 participants.



YMCA & JCC of Greater Toledo