

Learn to...

September 2017

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3	4	5 8:15pm Learn to... Get MORE from your hour of POWER	6 10:30am Learn to... Run (for beginners)	7	8	9 11:15am Learn to... Exercise the HIIT way (8+yrs welcome with parent)
10	11	12 8:15pm Learn to... Survive a Group RIDE or R30 Class	13 10:30am Learn to... Do Pilates (for beginners)	14	15	16 11:15am Learn to... Take Group Cycle (8+yrs welcome with parent)
17	18	19 8:15pm Learn to... Take Group POWER	20 10:30am Learn to... Lift Free Weights	21	22	23 11:15am Learn to... Use Proper Form (Core) (8+yrs welcome with parent)
24	25	26 8:15pm Learn to... Strengthen 360° (Group Core)	27 10:30am Learn to... Use Proper Form (squats, deadlifts, plank)	28	29	30 11:15am Learn to... Take a Bootcamp Class (8+yrs welcome with parent)



What is "Learn to..."?

Learn to... is a class for beginner exercisers, or those looking to try something new. Qualified YMCA Instructors will take the time to introduce you to new exercises, and workout at a slower pace.

**Set a GOAL to try a class!
We hope to see you there!**