



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*It's never too early
or too late to
work towards to
being the
healthiest you.*

FIN



YouTube



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www.mtrymca.org

April Weekends Schedule

SATURDAYS – Studio Y

April 6

8:00AM

(7:45am—8:45am)

Group Fight® Launch

9:00AM

Group Power® Launch:
Reservation required in Y360 app

April 13

8:00AM

Kettlebell AMPD® - Danielle

9:00AM

SOULfusion® - Danielle

April 20

8:00AM

Body Sculpt—Cheryl

9:00AM

Group Power® - Melissa

April 27

8:00AM

BARRE® —Carrie

9:00AM

R.I.P.P.E.D® - Doni

SATURDAY CYCLING – Cycling Studio

DATE

6:15 AM

April 6

Mary

April 13

Ann

April 20

Mary

April 27

Carrie (Ride 30 x2)