



MEMORIAL DAY GROUP FITNESS SCHEDULE

YOU HAVE THE FREEDOM...TO WORKOUT!

Time	Class Name	Instructor	Location
9:30– 10:25am	Gentle Yoga for All Women	Anna	Studio B
10:30 - 11:30am	AOA Cardio Conditioning	Akwesi	Studio B
10:45 - 11:45am	Baby and Toddler Yoga	Anna	Conf. Rm
10:45 - 11:45am	ZUMBA	Sophia	Studio A
12:00 - 12:45pm	Indoor Cycling (Spin®)	Sharri	Spin Studio
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
12:30 - 1:30pm	Vinyasa Yoga	Naomi	Studio B
1:15 - 2:15pm	AOA Cardio Conditioning	Avion	Studio A
2:30 - 3:30pm	AOA Strength Training	Avion	Studio A
4:30 - 6:00pm	Led Ashtanga Yoga	Naomi	Studio B

**Please download and check the Dodge YMCA app
for further Memorial Day Weekend
(Friday, Saturday, Sunday)
class cancellations.**

GET ACTIVE:

For more information email
lsosa@ymcanyc.org

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