



# **SOUTH** BRANCH LAND & WATER FITNESS CLASS SCHEDULE - SEPTEMBER



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Cycle Sculpt- 530am-615am  <b>Early Aqua Bootcamp- 6am-645am</b>  <b>Gentle Aqua Stretch- 8am-845am</b>  Ripped- 815am-9am  Senior Yoga Stretch- 815am-9am  <b>Water Works- 9am-945am</b>  <b>Water Fit- 10am-1045am</b>  Senior Fit- 910am-955am  Cardio Dance REFIT- 930am-1015am  Cycle Sculpt- 1045am-1130am  Cardio Dance REFIT- 530pm-615pm</p>	<p>Ripped- 530am-615am  TRX- 530am-6am  <b>Flip The Flab- 815am-9am</b>  Pilates- 830am-915am  Cycle Sculpt- 945-1030am  Cardio Dance REFIT- 830am-915am  SilverSneakers- 930am-1015am  Yoga Fit- 1210pm-1240pm  Cardio Pump- 530pm-615pm  Cycle Sculpt- 645pm-730pm</p>	<p>Cycle Sculpt- 530am-615am  <b>Early Aqua Bootcamp- 6am-645am</b>  <b>Gentle Aqua Stretch- 8am-845am</b>  Ripped- 815am-9am  Senior Yoga Stretch- 815am-9am  <b>Water Works- 9am-945am</b>  <b>Water Fit- 10am-1045am</b>  Senior Fit- 910am-955am  Cardio Dance REFIT- 930am-1015am  Cycle Sculpt- 1045am-1130am  Cardio Dance REFIT- 530pm-615pm</p>	<p>Ripped- 530am-615am  TRX- 530am-6am  <b>Flip The Flab- 815am-9am</b>  Pilates- 830am-915am  Cycle Sculpt- 945-1030am  Cardio Dance REFIT- 830am-915am  SilverSneakers- 930am-1015am  Yoga Fit- 1210pm-1240pm  Cardio Pump- 530pm-615pm  Cycle Sculpt- 645pm-730pm</p>	<p>Pump 30- 6am-630am  <b>Early Aqua Bootcamp- 6am-645am</b>  <b>Gentle Aqua Stretch- 8am-845am</b>  Ripped- 8am-845am  <b>Water Works- 9am-945am</b>  Cardio Dance REFIT- 930am-1015am  <b>Water Fit- 10am-1045am</b>  Cycle Sculpt- 1045am-1130am</p>
				<h2 style="text-align: center;">Saturdays</h2>
<div data-bbox="117 992 793 1425" style="border: 2px solid black; border-radius: 20px; background-color: #00aaff; color: white; padding: 10px;"> <p style="text-align: center;"><b><u>VIRTUAL CLASSES!</u></b></p> <p style="text-align: center;"><b>Not ready to come back? No problem!</b></p> <p style="text-align: center;">We are offering <b>FREE</b> virtual <b>YOGA</b> class every Monday and Wednesday evening in August. Reserve your spot online at <a href="http://www.amymca.org" style="color: white;">www.amymca.org</a> and a link to the virtual class will be sent to your email.</p> <p style="text-align: center;"><b><u>Class time:</u></b></p> <p style="text-align: center;">Mondays and Wednesdays at 7:00PM</p> </div> <div data-bbox="963 987 1545 1159" style="border: 2px dashed black; border-radius: 10px; background-color: black; color: white; padding: 10px; text-align: center;"> <p><b>WANT TO RECEIVE FACILITY UPDATES?</b></p> <p>Visit <a href="http://amymca.org" style="color: white;">amymca.org</a> and scroll to the bottom. Click the orange "Join Our Email List" box at the bottom of the page!</p> </div>				<p style="text-align: center;">Every Body Bootcamp- 8am-845am</p>
<p><i>All classes have a limited capacity. Reservations are <b>REQUIRED</b> to attend a class. All classes will have a maximum time limit of 45 minutes. The nursery is available M-TH 8am-11am and 5-8 and Fridays 8am-11am.</i></p> <p style="background-color: yellow;"><b>Masks <i>MUST</i> be worn upon entering the facility and at all times <i>UNLESS</i> actively exercising.</b></p>				





# **NORTH** BRANCH LAND & WATER FITNESS CLASS SCHEDULE - SEPTEMBER



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
---------	----------	------------	-----------	---------

Cardio Pump- 7am-745am  
**Water Fit- 8am-845am**  
 Yin Yoga- 830am-915am  
**Water Works- 9am-945am**  
 Senior Fit- 9am-945am  
**Gentle Aqua Stretch- 10am-1045am**  
 Cycle Route 66- 530pm-615pm  
 Yoga Fit- 630pm-715pm  
 Ripped- 645pm-730pm

Yoga/Pilates Combo- 830am-915am  
 Cycle Sculpt- 830am-915am  
**Hydrocise- 9am-945am**  
 Chair Yoga Stretch- 945am-1030am  
**Gentle Aqua Stretch- 10am-1045am**  
 SilverSneakers Classic- 11am-1145am  
 Pump 30- 545pm-615pm  
 Cardio Dance REFIT- 630pm-715pm

Cardio Pump- 7am-745am  
**Water Fit- 8am-845am**  
 Yin Yoga- 830am-915am  
**Water Works- 9am-945am**  
 Senior Fit- 9am-945am  
**Gentle Aqua Stretch- 10am-1045am**  
 Cycle Route 66- 530pm-615pm  
 Yoga Fit- 630pm-715pm  
 Ripped- 645pm-730pm

Yoga/Pilates Combo- 830am-915am  
 Cycle Sculpt- 830am-915am  
**Hydrocise- 9am-945am**  
 Chair Yoga Stretch- 945am-1030am  
 SilverSneakers Classic- 11am-1145am  
 Pump 30- 545pm-615pm  
 Cardio Dance REFIT- 630pm-715pm

**Water Fit- 8am-845am**  
**Water Works- 9am-945am**

**NEW FACILITY HOURS**  
**M - F 5:00 AM - 8:00 PM**  
**SAT 7:00 AM - 6:00 PM**  
**SUN CLOSED**



**To reserve your spot in class:**  
[www.amymca.org/reservations](http://www.amymca.org/reservations)



*All classes have a limited capacity.  
 Reservations are REQUIRED to attend a class.  
 All classes will have a maximum time limit of 45 minutes.  
 The nursery is available M-TH 8am-11am and 5-8 and Fridays 8am-11am.*

**Masks MUST be worn upon entering the facility and at all times UNLESS actively exercising.**

