



GROUP EXERCISE CLASSES

SATURDAYS, 9:00 a.m.

July - August 2021



JULY

- 17 **Barre** - Amy
- 24 **Upper Body & Core** - Amy ^
- 31 **MELT (formerly Roll & Release)** - Joy

AUGUST

- 7 **Pound** - Joy ^
- 14 **Fitball Toning** - Brenda ^
- 21 **Cycling** - Brenda
- 28 **Barre** - Amy

All classes are in Group Studio 1.

^ = class is available via Zoom. Call 434.348.9622 to receive Zoom meeting ID and password.

FAMILY YMCA OF EMPORIA-GREENSVILLE ~ 212 Weaver Ave., Emporia, VA 23847

www.emporiagreensvilleyymca.org



@YMCAofEG