



# GROUP EXERCISE CLASSES

## SATURDAYS, 9:00 a.m.

### May - August 2021



#### MAY

- 1 Barre/Amy
- 8 Cycling/Brenda
- 15 MELT (formerly Roll & Release)/Joy
- 22 Cardio Sculpt/Amy
- 29 Pound/Joy ^

#### JULY

- 3 Fitball Toning/Brenda ^
- 10 Pound/Joy ^
- 17 Barre/Amy
- 24 Upper Body & Core/Amy ^
- 31 MELT (formerly Roll & Release)/Joy

#### JUNE

- 5 Fitball Toning/Brenda
- 12 Upper Body & Core/Amy ^
- 19 MELT (formerly Roll & Release)/Joy
- 26 Cycling/Brenda

#### AUGUST

- 7 Cycling/Brenda
- 14 Fitball Toning/Brenda ^
- 21 Pound/Joy ^
- 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.emporiagreensvillemca.org](http://www.emporiagreensvillemca.org)



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