



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DOWNTOWN YMCA GROUP EXERCISE SCHEDULE: SUMMER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | 6:15a-6:45am POWER MAX Memorial Hall (2 nd Floor) | | 6:15a-6:45am POWER MAX Memorial Hall (2 nd Floor) | |
| | 10:30a-11:30a SILVER SNEAKERS Memorial Hall (2 nd Floor) | | | |
| 12:10-12:40p CARDIO SCULPT Memorial Hall (2 nd Floor) | | 12:10-12:40p CARDIO SCULPT Memorial Hall (2 nd Floor) | | 12:10-12:40p CARDIO SCULPT Memorial Hall (2 nd Floor) |
| | 5:15p-6:00p YOGA Basement | | | |

YMCA of Wichita Falls
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