

# MYC Modified Group Fitness Schedule Effective 10/1/2020

## INDOOR CLASSES- Downtown fitness center

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30am</b>	Strength Basics/Julie (FR)	Cycle/Tracy (FR)	Yoga/Sharon (NGF)	Cycle/Tracy (FR)	Strength Basics/Tracy (FR)
<b>10:30am</b>		Stretch & Muscle Release/Julie (NGF)		Stretch & Muscle Release/Julie (NGF)	
<b>12pm</b>	Strength&Cardio/ Julie (FR)	Cycle/Julie (FR)	Strength&Cardio Marcus (FR)	Cycle/Julie (FR) ZUMBA/Sandra (NGF)	Yoga/LaRae (NGF)
<b>1pm</b>		Yoga/Sharon (NGF)	Stick Pilates/ Natalie (NGF)		

[Click Here To Reserve Your Spot - Indoor Classes](#)

## Outdoor classes (Riverwalk Ampitheater)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:30pm</b>	Strength with Marcus		Yogalates with LaRae	Bootcamp with Leanne	

[Click Here To Reserve Your Spot - Outdoor Classes](#)

## Zoom classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:30am</b>	Strength Basics/Julie		Yoga/Sharon		Strength Basics/Tracy	
<b>9:00am</b>						Yoga/Natalie Zumba/Silvia
<b>12pm</b>	Yoga/Sharon	Zumba/Sandra		Yoga for Stress/ Allison B	Yoga/LaRae	
		Yoga/Sharon				
<b>1pm</b>	Stretch/Natalie					
<b>4:30pm</b>	Buff Bones/LaRae					
<b>5:30pm</b>		Kick Boxing/ Leanne	Strength Basics/Marcus	Zumba/Tammy		

[Click here for ZOOM schedule and specific class links](#)