DOWNTOWN WARSAW YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 1ST – NOVEMBER 30TH

DOWNTOWN WARSAW YMCA

FRIDAY

AM CLASSES

9:00-10:00	Soul Fusion

CLASS DESCRIPTIONS

ADVANCED FITNESS LEVEL

SOUL FUSION | Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.