



DOWNTOWN WARSAW YMCA

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# GROUP EXERCISE SCHEDULE

MARCH 1ST - MARCH 31ST

## WEDNESDAY

### AM CLASSES

9:15-10:15 Body Sculpt

## FRIDAY

### AM CLASSES

9:00-10:00 Soul Fusion

## SATURDAY

### AM CLASSES

8:15-9:15 Body Sculpt

## CLASS DESCRIPTIONS

### ALL FITNESS LEVELS

**BODY SCULPT** | Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included.

### 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.