



DOWNTOWN WARSAW YMCA

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GROUP EXERCISE SCHEDULE

JUNE 1ST - AUGUST 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.