



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUSH YOUR LIMITS AND ACCELERATE



JANUARY CYCLE CLASSES AT YMCA ANTHONY BOWEN



Mondays

- Les Mills Sprint w/ Bint from 7:30-8am
- Coach by Color w/ Susan from 6-6:45pm



Tuesdays

- Spin & Strength w/ Michael from 8:30-9:15am
- Coach by Color w/ Walter from 6:15-7:00pm



Wednesdays

- Coach by Color w/ Michael from 5-5:45pm



Thursdays

- Express Coach by Color w/ Hirsh from 5:30-6pm



Saturdays

- Coach by Color w/ Walter from 10-10:45am



Sundays

- Coach by Color w/ Hirsh from 10-10:45am