



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