



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tri Cities Family YMCA Virtual & Outdoor Fitness Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
M O R N I N G	6:15 – 7:15 *OUTDOOR Body Basics Barb		6:15 – 7:15 * OUTDOOR Body Basics Barb		6:15 – 7:15 * OUTDOOR Body Basics Barb	
	6:00-6:35 OUTDOOR HIIT Brandy	7:00-7:35 OUTDOOR HIIT Brandy	6:00-6:35 OUTDOOR HIIT Jamie	7:00-7:35 OUTDOOR HIIT Erica		8:30 Sunday OUTDOOR Vinyasa Yoga Amanda
	9:15 VIRTUAL HIIT Jamie	9:15 VIRTUAL Tabata Brandy	9:15 VIRTUAL Buti Yoga Lindsay	9:15 VIRTUAL TBS Kelly	9:15 VIRTUAL HIIT Jess	9:15 Saturday OUTDOOR Instructor's choice!
		10:30-11:15 *OUTDOOR Fit for Life Misti		10:30-11:15 *OUTDOOR Fit for Life Staff	10:15 VIRTUAL Vinyasa Yoga Susan	
E V E N I N G	5:30-6:10pm OUTDOOR Cardio-Boxing Hannah		5:30-6:10pm OUTDOOR TBS Kelly			
			6:30-7:30pm OUTDOOR Power Yoga Kathleen			

*Indicates a workout designed for seniors or anyone with lower intensity needs.

REMINDER: For OUTDOOR classes, there will be no access to the building. Please plan accordingly.



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***NEW Outdoor Open Gym**

Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:30am		6:00-7:30am		
9:00-11:00am		9:00-11:00am		9:00-11:00am
	12:00-2:00pm		12:00-2:00pm	

Location: Front Lawn of the YMCA

Equipment: 3 Spin® bikes, assorted dumbbells, kettlebells, and resistance bands.

Members will be able to use equipment freely in the front of the building or waterfront area. Participants must sign in, have no symptoms of illness, and practice social distancing while working out.

Members must bring their own mat, towel, water bottle. There will be no access to the building, but public restrooms are open at Mulligan's Hollow.