



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OUTDOOR GROUP EXERCISE

**BONITA SPRINGS YMCA  
MAY 18TH - 23RD**

PLEASE NOTE THAT OUTDOOR GROUP EXERCISE CLASSES WILL HAVE LIMITED ACCESS ON A FIRST-COME, FIRST-SERVED BASIS UTILIZING SOCIAL DISTANCING GUIDELINES AND MAINTAINING 6 FEET BETWEEN MEMBERS.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00 AM  
BARRE'

9:00 AM  
YOGA FLOW

5:30 PM  
LES MILLS GRIT

10:15 AM  
BOOT CAMP

DETAILED SCHEDULE CAN BE FOUND AT

<https://www.swflymca.org/main/schedule-online/>