



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR GROUP EXERCISE

**ENGLEWOOD 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

9:00 AM
BOOT CAMP

TUESDAY

8:00 AM
YOGA FLOW

WEDNESDAY

9:00 AM
BOOT CAMP
BACK FIELDS

9:00 AM
ZUMBA
PARKING LOT

THURSDAY

8:00 AM
YOGA FLOW

FRIDAY

9:00 AM
BOOT CAMP
BACK FIELDS

9:00 AM
ZUMBA
PARKING LOT

DETAILED SCHEDULE CAN BE FOUND AT

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