

MYC Modified Group Fitness Schedule Effective 9/1/2020

INDOOR CLASSES- Downtown fitness center

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am	Strength Basics/Julie (FR)	Cycle/Tracy (FR)	Yoga/Sharon (NGF)	Cycle/Tracy (FR)	Strength Basics/Tracy (FR)
10:30am		Stretch & Muscle Release/Julie (NGF)		Stretch & Muscle Release/Julie (NGF)	
12pm	Strength & Cardio/ Julie (FR)	Cycle/Julie (FR)	Strength & Cardio Marcus (FR)	Cycle/Julie (FR)	Yoga/LaRae (NGF)
		BANG/Kelly (NGF)			
1pm		Yoga/Sharon (NGF)			

[Click Here To Reserve Your Spot - Indoor Classes](#)

Outdoor classes (Riverwalk Amphitheater)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30pm	Strength with Marcus		Yogalates with LaRae	Bootcamp with Leanne	

[Click Here To Reserve Your Spot - Outdoor Classes](#)

Zoom classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Strength Basics/Julie		Yoga/Sharon		Strength Basics/Tracy	
9:00am						Yoga/Natalie Zumba/Silvia
12pm	Yoga/Sharon	Zumba/Sandra	Stretch/Natalie	Yoga for Stress/ Allison	Yoga/LaRae	
4:30pm	Buff Bones/LaRae					
5:30pm		Kick Boxing/ Leanne	Strength Basics/Marcus	Zumba/Tammy		

[Click here for ZOOM schedule and specific class links](#)