

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

May 9-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am			Upper Body Blast Plus Vicki 45 mins			
10:00am						Pilates Jess H 45 mins
11:00am				Yin Yoga Autumn 45 mins		
4:45pm	Circuit Strength Vicki 45 mins					
5:30pm		Boot Camp Richelle 45 mins		Body Sculpting 45 mins Heidi		