



Y+STUDIO CLASS SCHEDULE BENJAMIN HARRISON YMCA

The YMCA's +Studio Membership is for people who want an all inclusive approach to their training. Small Group Training is lead by a Certified Trainer who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment. The YMCA's Yoga programs are taught by highly qualified certified Yoga Instructors who can help clients work on flexibility, strength mobility and making the mind body connection.

MON	TUE	WED	THUR	FRI
	6:00-7AM T.E.A.M. Training Claude		5:45-6:00 AM T.E.A.M. Training Intro-Claude	
		7:45-8:00 AM T.E.A.M. Training Intro-Claire	6:00-7AM T.E.A.M. Training Claude	12-1 PM T.E.A.M. Training Shaunda *LIVE ZOOM FILMING*
8-9 AM T.E.A.M. Training Emily		8-9 AM T.E.A.M. Training Claire		
	10:15AM - 11AM T.E.A.M. Training TRX Sonya		10:15AM - 11AM T.E.A.M. Training TRX Sonya	
11:45 AM-12 PM T.E.A.M. Training Intro-Emily				SAT
12-1 PM T.E.A.M. Training Emily *LIVE ZOOM FILMING*	12-1 PM T.E.A.M. Training Emily Wellness Studio		12-1 PM T.E.A.M. Training Claire Wellness Studio	8-9 AM T.E.A.M. Training Claire
	5:45-6:00 PM T.E.A.M. Training Intro-Shaunda			9-9:30 AM Mobility Stretching Claire
	6:00-7 PM T.E.A.M. Training Shaunda *LIVE ZOOM FILMING*			SUN

Y Members: \$45/month

Drop-in: \$15/class

**MEMBERS TRYING A +STUDIO CLASS FOR THE FIRST TIME CAN ATTEND ONE FOR FREE!
Workouts are limited and are on a first come, first served basis.**

For more information, please contact Cathleen Hamilton at Chamilton@indymca.org