



# WELCOME TO YOUR VIRTUAL Y

## VIRTUAL Y OFFERINGS June 1 - August 28, 2021

[www.ymca-cv.org/virtual-y](http://www.ymca-cv.org/virtual-y)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Kickboxing</b> Sherri 9:00-9:45 AM	<b>Cardio Blast &amp; Sculpt</b> Missy 9:00-9:40 AM	<b>Kickboxing</b> Sherri 9:00-9:45 AM	<b>Cardio Blast &amp; Sculpt</b> Missy 9:00-9:40 AM	<b>Kickboxing</b> Sherri 9:00-9:45 AM	<b>ZUMBA Toning</b> Cindy 9:00-9:45 AM
<b>Yoga</b> Emily 9:30-10:30 AM	<b>Yoga</b> Carolyn 9:30-10:30 AM	<b>PIYO</b> Cathie or Pam 9:45-10:30 AM		<b>PIYO</b> Cathie or Pam 9:45-10:30 AM		
			<b>Sit &amp; Fit</b> Missy 10:30-11:15 AM			
	<b>ZUMBA</b> Cindy 5:30-6:15 PM		<b>ZUMBA</b> Jen 5:30-6:15 PM			