



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHUT DOWN, BUT NOT SHUT OUT! MAINTENANCE WEEK JULY 27- AUGUST 5

ASK THE WELCOME CENTER ABOUT
VOLUNTEER OPPORTUNITIES
JOIN US FOR A BBQ PICNIC TUESDAY
AT 12 & 5 PM & THURSDAY AT 12 PM

To keep the Y facility in top condition, our annual Maintenance Week will take place July 29 - August 5. We are working hard to keep as much of the building open as possible and will continue to offer a number of group fitness classes. This is a great opportunity to try a new class or stop in the Duffy Wellness Center. We apologize for this inconvenience and appreciate your patience as we work to keep your Y clean and well maintained.

MAINTENANCE CLOSURE SCHEDULE:

July 27 - 29

- Duffy closed Friday - Sunday

July 30 - August 5

- Gym and Studio closed Monday - Sunday
- Pools closed Monday - Sunday

Locker Room Closures

- Monday, July 30: Boys locker room
- Tuesday, July 31: Girls locker room
- Wednesday, August 1: Family locker room
- Thursday, August 2: Women's locker room
- Friday, August 3: Men's locker room

THESE CLASSES WILL BE HELD IN THE
BOARD ROOM DURING MAINTENANCE WEEK

Monday, July 30

5:30 AM (Outside)	Boot Camp
7:45 AM (Outside)	Intermediate Yoga
8:15-9:00 AM	Core Power
9:15-10:15 AM	Gentle Yoga
10:15-11:00 AM	Aerobics
11:15-12:15 PM	Meditation
12:15-1:00 PM	HIIT
4:30-5:15 PM	HIIT
5:30-6:15 PM	Total Body Cardio
6:30-7:15 PM	Hip Hop Cardio
7:30-8:30 PM	Yin Yoga

Tuesday, July 31

5:30-6:15 AM	Intensity
6:30-7:15 AM	Kettlebells
8:00-8:45 AM	Pilates
9:15-10:00 AM	Cardio & Core
10:15-11:15 AM	Brains and Balance
12:10-12:40 PM	Power Sculpt
4:30-5:15 PM	Circuit Training
5:30-6:15 PM	Zumba
6:30-7:30 PM	Yoga

Wednesday, August 1

5:30 AM (Outside)	Boot Camp
7:45 AM (Outside)	Intermediate Yoga
8:15-9:00 AM	Core Power
9:15-10:15 AM	Gentle Yoga
9:15 AM (Outside)	Step N Strength
10:15-11:00 AM	Aerobics
12:15-1:00 PM	HIIT
4:30-5:15 PM	Circuit Training
5:30-6:15 PM	HIIT
6:30-7:15 PM	Hip Hop Cardio
7:30-8:30 PM	Yin Yoga

Thursday, August 2

6:30-7:15 AM	Kettlebells
8:00-8:45 AM	Pilates
9:15-10:00 AM	Cardio & Core
10:15-11:15 AM	Power Yoga
12:10-12:40 PM	Power Sculpt
4:30-5:15 PM	Circuit Training
5:30-6:15 PM	Cardio & Core
6:30 PM (Outside)	Hip Hop Cardio
6:30-7:30 PM	Yoga

Friday, August 3

5:30 AM (Outside)	Boot Camp
8:15-9:00 AM	Core Power
9:15-10:15 AM	Gentle Yoga
10:15-11:00 AM	Aerobics
12:15-1:00 PM	HIIT
4:30-5:15 PM	Circuit Training
5:30-6:15 PM	HIIT
6:30-7:15 PM	Hip Hop Cardio
7:30-8:30 PM	Yin Yoga

Saturday, August 4

8:15-9:00 AM	HIIT
9:15-10:00 AM	Circuit Training
10:15-11:00 AM	Cardio & Core

Y Fort Gratiot classes will follow their regular schedule.

