



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Group Fitness Classes

Express Fitness Center @ Central YMCA

April 3rd - June 11th

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am		HIIT Tabata Rebecca V. 8am - 8:30am		HIIT Tabata Rebecca V. 8am - 8:30am			
10am	Sculpt and Tone Rebecca V. 10:15am - 11am		Sculpt and Tone Rebecca V. 10:15am - 11am		Sculpt and Tone Rebecca V. 10:15am - 11am		
12pm		Lunchtime Express Rebecca V. 12:15pm - 12:45pm	Lunchtime Express Rebecca V. 12:15pm - 12:45pm	Lunchtime Express Rebecca V. 12:15pm - 12:45pm			
6pm		HIIT Tabata Rebecca V. 6:30pm - 7pm		HIIT Tabata Rebecca V. 6:30pm - 7pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

Central YMCA

1213 W Civic Center Dr
Traverse City, MI 49684
(231) 933-9622

HIIT Tabata - The basic formula is 20 seconds of high intensity work followed by 10 seconds of rest a combination of cardio and weights will be used.

Lunchtime Express - 30 minute circuit one minute of cardio followed by a minute of weights.

Sculpt and Tone - Sculpt and Tone those muscles with hand weights, stretch cords, and bands. All fitness levels welcome.