



Central Group Fitness Classes

Express Fitness Center @ Central YMCA
June 12th - August 31st

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 Jami H. 10:15am - 11am		
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.



Class Descriptions

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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.

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