

SAYMCA Wellbeats Program

1/10-1/14



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM				Member Choice	
9:30 AM	Wellbeats CardioBoxing	Wellbeats Step		Wellbeats CardioBoxing	
10:30 AM					
2:00 PM	Member Choice	Member Choice	Member Choice	Member Choice	Member Choice
3:00 PM	Member Choice	Member Choice	Member Choice	Member Choice	Member Choice
4:30 PM					

Please send questions to: wendy@saymca.org

Welcome, SAYMCA members, to our Wellbeats Program! We invite you to sample a few classes this week in our Cardio Studio. These classes might vary in length but they will be familiar formats if you have ever taken one of our instructor-led classes. The difference here is that you will be working out with a virtual instructor on our big screen. We have included some classes like cycling, core, barre, cardio-boxing, and strength building. As we move forward we will introduce more classes as time allows so there will always be a variety of classes to sample. For now, we are launching a few at a time.

Please note that these classes will not replace our current schedule of classes, but just add to what we are currently offering. Use this calendar as your guide in selecting a specific class.

Don't forget to bring a mat with you to class.

www.saymca.org