



SAYMCA Wellbeats Program

1/2 - 1/6

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 AM					
8:00 AM				MEMBER CHOICE	
9:30 AM		WELLBEATS STEP		WELLBEATS CARDIOBOXING	
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		LIFT & PUMP		LIFT & PUMP	

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, 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