



SAYMCA Wellbeats Program

1/23 - 1/27

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---------------|----------------|---------------|-----------------------|---------------|
| 5:45 AM | | | | | |
| 8:00 AM | | | | MEMBER CHOICE | |
| 9:30 AM | | WELLBEATS STEP | | WELLBEATS CARIOBOXING | |
| 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