



SAYMCA Wellbeats Program

JULY

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! 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.

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