

Northeast YMCA Fitness

Summer Intersession Schedule

August 23 - September 5

Monday
August 23

HI/LOW
5:30 - 6:30pm

Tuesday
August 24

SUPER CIRCUIT
WORKOUT
6:00 - 7:00pm

Wednesday
August 25

YOGA
6:30 - 7:30pm

Monday
August 30

ZUMBA
5:30 - 6:30pm

Tuesday
August 31

YOGALATES
6:30 - 7:30pm

Wednesday
September 1

HIP HOP
CARDIO PARTY
6:00 - 7:00pm

Thursday
September 2

POWER PUMP
6:30 - 7:30pm

All Classes are FREE drop-in classes for members and non-members



Northeast YMCA
Sun Prairie, WI • 608-837-8221

YHEALTH & FITNESS™

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www.ymcadaneconomy.org