



**IGNITE
YOUR ENERGY
FOR A BETTER US**

AUTUMN IGNITE

7:45AM

WELCOME & SIGN IN

STUDIO 1

WEST GYM

STUDIO 2

8:00AM

Cycle

8:30AM

Step

9:00AM

**Arm
Strength**

Y-Fit

**Pilates
Strength**

9:30AM

**Leg
Strength**

Y-Fit

**Barre
Blend**

10:00AM

Mobility

Yoga

*Turn up
the heat on
your fitness goals!*

Saturday, September 27th

\$10 for nonmembers FREE for members

Sweater weather is around the corner!

**Workout for a chance to win an official YMCA Hoodie
by attending 4 classes and entering
your name for the drawing.**

**Additional door prizes will be given!
Look forward to getting stronger with you!**

**Child Watch
8:00am - 11:00am**

**\$5 a child or free for family
memberships**