



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY OUTSIDE!

Outdoor Fitness Classes @400 West Washington Street  
Summer II Session: July 27–September 6  
ANN ARBOR YMCA

Join your favorite fitness instructors for in-person workouts outside in the Y's downtown parking lot. Free for active members, \$30/class session for non-members. Registration is required for all, and participation is limited to 10 spots in each class. *Members can sign up beginning Wednesday, July 22<sup>nd</sup>, while non-members can register starting Friday, July 24<sup>th</sup>. Sign up today at [www.annarborymca.org](http://www.annarborymca.org).*

## Monday:

- **Cycling 4:45–5:45 pm with Judy.** This low-impact workout on studio cycling bikes lets you choose your own intensity.
- **Zumba Fitness 6–7 pm with Carol** This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program

## Wednesday:

- **Balance & Flow 7:45–8:45 am with Robin** *class starts August 5* Increase your range of motion, overall fitness, flexibility and mindful breathing. All levels welcome. Please bring your own mat.
- **Power in 3D 12–12:45 pm with Ryan** Combine fundamental bodyweight exercises such as squats, pushups, and lunges with agility and speedwork.

## Thursday:

- **Core Essentials 9–9:30 am with Sarah B** Improve posture and strengthen the core body area.
- **Cleansing Yoga Detox 4:00–5:00pm with Lewis** Blends techniques of Vinyasa, Yin, and Hatha, alternating between holding and flowing through postures. Please bring your own mat.

## Saturday:

- **Tai Chi 2:00–3:00pm with Stuart** *class starts August 8* The slow, continuous movements of the solo form and other exercises develop strength, balance and relaxation and can be used as moving meditation.

