



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELLNESS WORKSHOPS

## ANN ARBOR YMCA

Join some of your favorite instructors for in-person workshops at 400 West Washington Street! **Free for active Y members**, registration is required at [www.annarborymca.org](http://www.annarborymca.org).

### **Saturday, October 31, 10-11am: Vinyasa Yoga with Amy M**

A rhythmic, flowing and dynamic class that is structured around building mindfulness into ones yoga practice. Meets in the Y parking lot.

### **Saturday, November 7, 9-9:45am: HIIT with Chelse**

High intensity interval training class that will combine cardio and strength exercise to raise your heart rate. Meet in the Y parking lot.

### **Saturday, November 14 and December 5, 10-11am: Boot Camp**

**with Nick** Full body, high-intensity, strength and conditioning workout that will challenge your core, strength and cardio fitness. Meets in the Y parking lot.

### **Saturday, November 21, 10-10:45am: Upper Body/Core Toning**

**with Carol** Focus on shaping and sculpting your upper body and core with body weight and hand weights. Meets in Studio B.