



THE Y@WORK

Norton Downtown

SCHEDULE 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|-------------------------|-------------------------------------|-------------------------------|-----------------------------------|-----------------------|
| 12-12:30 pm | | | | | |
| 12:35-1:05 pm | | MUSCLE DEFINITION Allyson | YOGA Teresa | ZUMBA Allyson | YOGA Teresa |
| 4:00-4:30 pm | | | | | |
| 4:45-5:45 pm | ZUMBA Crystal | TOTAL TRAINING Margaret | BUTT & GUT Tina | TOTAL TRAINING Margaret | |



Class Descriptions:

Muscle Definition: A challenging and effective all over body workout utilizing a variety of equipment including weights, ball and band

Butt & Gut: High energy class that targets the glutes with fun cardio and fires up the core

Total Training: A cross training class that combines strength and cardio to mix up your workout routine.

Yoga: Incorporates yoga postures, breathing, balance, strength & flexibility.

Zumba: A fitness program that involves cardio and Latin-inspired dance.

ALL CLASSES ARE FREE WITH MEMBERSHIP

For more information about group fitness classes or The Y @ Work,
502.629.3760

