

## SMALL GYM CLASS SCHEDULE

### SUNDAY

Small Gym is closed

### MONDAY

Preschool Open Gym

12:00pm-1:00pm  
CW Staff

### TUESDAY

Rise & Shine Yoga

9:00am-10:00am  
In-person at the Y  
Small Gym | Anu

Gentle Movements Yoga

10:15am-11:15am  
In-person at the Y  
Small Gym | Anu

### WEDNESDAY

Preschool Open Gym

12:00pm-1:00pm  
CW Staff

Barre Mix

5:30pm-6:15pm  
Livestreaming at the Y  
Small Gym | Kelley

### THURSDAY

Fierce

10:00am-10:45am  
Livestreaming at the Y  
Small Gym | Leslie

Intro to Vinyasa Yoga

5:30pm-6:30pm  
In-person at the Y  
Small Gym | Anu

### FRIDAY

Small Gym is closed

### SATURDAY

Power Vinyasa Yoga

9:00am-9:45am  
In-person at the Y  
Small Gym | Anu

Yin Restorative Yoga

10:00am-10:45am  
In-person at the Y  
Small Gym | Anu

RESERVATIONS  
REQUIRED AND CAN  
BE MADE IN YOUR  
YMCA360 ACCOUNT.  
3 consecutive no-  
shows result in member  
reservation privileges  
being suspended.

