



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S A NEW YEAR... IT'S MINI MANIA TIME AT THE Y!

YMCA GROUP EXERCISE SATURDAY, JANUARY 6TH, 2018

Get ready for an AMAZING day of group fitness fun! Take as many classes as you like during this super fun event!!! All of our YMCA group exercise instructors will teach 30 minute sessions of their classes. This is a great way to try new classes and take your favorites too! Make it your goal to take as many classes as you possibly can! Start the new year on the right foot and join us for MINI MANIA 2018!!!!

ANYONE WHO SIGNS UP FOR A MEMBERSHIP ON THIS DAY GETS A NO JOINING FEE DISCOUNT

MINI MANIA LOCATION: The event will start by launching the newest BodyATTACK release in the gym, and then will take place in the Group Exercise Room & the Cycling Room at the Y

TIME: 8:00 AM—1:30 PM (Eastern)

WHO CAN ATTEND: Anyone age 13 or older may participate in the MINI MANIA event

COST: FREE to Y Members and \$5 For Program Participants

WHAT TO BRING: Water Bottle + Sweat Towel. And, perhaps an additional change of clothes!!

Email Stephanie Leinenbach at stephanie@tricountymca.org for any questions!!!

MINI MANIA 2018 SCHEDULE

Time:	Class:	Instructor(s):
8:00 to 8:10	Introductions and Devotion/Prayer	Stephanie and Rachel
8:10 to 8:55	BodyATTACK (GYM)	Steph, Melissa, DeNae, Rachel B
9:05 to 9:35	PiYo (GE) RPM (CY)	Steph, Brooke Amy Z, and Rachael W
9:45 to 10:15	Tai-Chi (GE) BodyPUMP (GYM)	Jim Steph, DeNae, Jenni, Rach
10:25 to 10:55	CX WORX (GYM) Kickboxing (GE)	Lauren, DeNae, Rachel, Steph Kenzie
11:05 to 11:35	Power Vinyasa Yoga (GE) RPM (CY)	Anne DeNae, Rachel
11:45 to 12:15	Pound (GYM) Insanity (GE)	Brandi, April Cody
12:30 to 1:00	Tabata (GE) Zumba (CY)	Jill Brandi
1:05 to 1:35	Yin Yoga	Samantha