



The Downtown Y Group EX Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|
| Pilates 10:30-11:15 Jeanie Brown | Express Toning 12:00-12:30 Jennifer Buckner | Total Strength and Flexibility 10:30-11:15 Jeanie Brown | Express Toning 12:00-12:30 Jennifer Buckner | Total Strength and Flexibility 10:30-11:15 Jeanie Brown | |
| | Pilates 4:30-5:30 Tina Yarbrough | Pilates 4:30-5:30 Tina Yarbrough | | | MOULTRIE YMCA 601 26 TH AVE. SE MOULTRIE, GA 31768 (229) 985-1154 www.moultrieymca.org |
| | | | | | Classes are subject to change based on participation. All classes are COED. Revised 07/20/2018 |

Pilates

This modern form of exercise works the deeper muscles to achieve efficient & graceful movement, improve alignment, strengthen back and abdominal muscles, and sharpen your mind/body connection.

Express Toning

**The focus of this class is to tone and define all major muscle groups of the body in 30 minutes.
 All necessary equipment is provided.**

Strength and Flexibility

This class focuses on building strength and flexibility, body weight and hand weights for a full body workout.