

FRIENDS, FAMILY, AND FITNESS

MARCH 12TH - 18TH

SPECIAL GROUP FITNESS YOGA & PILATES CLASSES AT YB

Introduce your friends and family to YB's fun and exciting group fitness programs. Try something new and bring someone with you — **these special classes are free to all!***

MONDAY, MARCH 12

PILATES/ REFORMER

with Mary Sue
6:00PM-7:00PM

PILATES STUDIO

TUESDAY, MARCH 13

YOGA FOR BEGINNERS

with Hallie
8:30AM-9:30AM
6:00PM-7:00PM
YOGA STUDIO

WEDNESDAY, MARCH 14

YIN-YASA YOGA

with Marnie
8:30AM-9:30AM

PILATES/REFORMER

with Rachel Mendes
5:30PM-7:00PM

THURSDAY, MARCH 15

PILATES BOUNCE

with Rosanne & Tom
8:30AM-9:30AM (YB ZONE)

YOGA FOR MEN

with Rachel Mendes
7:30PM-8:30PM

FRIDAY, MARCH 16

STRETCH & ROLL

with Rosanne
5:45AM-6:30AM (STUDIO 1)

STRETCH, ROLL & TONE

with Rosanne
9:30AM-10:30AM (YB ZONE)

SATURDAY, MARCH 17

PILATES/ REFORMER

with Mary Sue
8:00AM-9:00AM

PILATES STUDIO

SUNDAY, MARCH 18

RESTORATIVE YOGA

with Tamara
8:00AM-9:15AM

YIN-YASA YOGA

with Marni
9:30AM-10:30AM

***SIGN UP REQUIRED.** Visit the Front Desk or call to register for all class events.