



# TEEN FITNESS FUSION

**RYE Y**  
 914-967-6363  
[www.ryeymca.org](http://www.ryeymca.org)

Time	Monday	Tuesday	Wednesday	Thursday
<b><u>Group Exercise</u></b>				
3:30-4:15 pm	<b>3:30-4:15 pm</b> <b><u>MIX IT UP</u></b> Diana	<b>3:30-4:00 pm</b> <b><u>CIRCUIT CLASS</u></b> Jenn	<b>3:30-4:15 pm</b> <b><u>Teen Yoga</u></b> Samantha	<b>3:30-4:15 pm</b> <b><u>BOOT CAMP</u></b> Teresa
		<b>4:00-4:30 pm</b> <b><u>ZUMBA</u></b> MEGHAN		
<b><u>Spinning</u></b>				
4:15 pm		<b>4:15-5:00 pm</b> <b>Spinning</b> Laura A.		<b>4:15-5:00 pm</b> <b><u>Spinning</u></b> Laura A.
4:30 pm	<b>4:30-5:00 pm</b> <b><u>Freestyle Fit Zone</u></b> Trainer	<b>4:30-5:00 pm</b> <b><u>Freestyle Fit Zone</u></b> Trainer	<b>4:30-5:00 pm</b> <b><u>Freestyle Fit Zone</u></b> Nick	<b>4:30-5:00 pm</b> <b><u>Freestyle Fit Zone</u></b> Trainer