

# LIVE HEALTHY

It's all inside the Y.

## POWER HALF HOUR EXPRESSLINE WORKOUT CLASS SCHEDULE

(LOCATION-Personal training studio adjacent to basketball court)

Huntington Avenue



### Monday-Thursday

- 6:00-6:30 am
- 7:00-7:30 am
- 8:00-8:30 am
- 12:00-12:30 pm
- 12:30-1:00 pm
- 6:00-6:30 pm
- 6:30-7:00 pm
- 8:00-8:30 pm

### Friday

- 6:00-6:30 am
- 7:00-7:30 am
- 8:00-8:30 am
- 12:00-12:30 pm
- 12:30-1:00 pm
- 6:00-6:30 pm
- 7:00-7:30 pm

### Saturday & Sunday

- 8:00-8:30 am
- 10:00-10:30 am
- 2:00-2:30 pm
- 4:00-4:30 pm

### Order of Circuit:

1. Recumbent Bike
2. Leg Press
3. Seated Leg Curl
4. Chin Ups
5. Chest Press
6. Lateral Raise
7. Cable Bicep Curl
8. Cable Tricep Press Down
9. Abdominal Crunch

