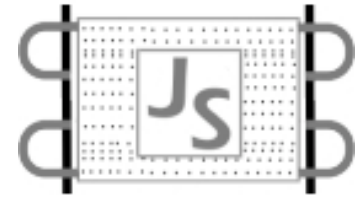




# Jump Stretch

*with Flexbands!*



## Downtown YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15-12:45 pm <b>Jump Ignition</b>	12:15-12:45 pm <b>Jump Ignition</b>	12:15-12:45 pm <b>Jump Ignition</b>	12:15-12:45 pm <b>Jump Ignition</b>	12:15-12:45 pm <b>Jump Ignition</b>		
6:30 pm-7:30 <b>Jump Stretch</b>	6:00-7:00 pm <b>Jump Stretch</b>	6:30 pm-7:30 <b>Jump Stretch</b>	6:00-7:00 pm <b>Jump Stretch</b>			
	7:00 pm-8:00 <b>Jump Stretch</b>		7:00 pm-8:00 <b>Jump Stretch</b>			

Class size is limited, please call ahead to register. Group times for athletic teams are available by appointment.

**Jump Ignition** - Aimed at those seeking maximal effort for half the time, higher intensity with fewer breaks.

**Jump Stretch** - Aimed at those looking for an overall body workout focusing on cardio and strength mix.