



NSYMCA FACEBOOK LIVE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Thursday 3/19	Friday 3/20	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
9:15-10:00am TONE® (cardio/strength) Megan & Kile	9:00-10:15am Vinyasa II Liz G.	9:15-10:10am Barre Sculpt Gilda	9:15-10:00am BODYCOMBAT® Megan & Kile	9:15-10:00am Latin Fusion Megan	9:15-10:10am Turbokick Megan V.	9:15-10:00am TONE® (cardio/strength) Megan V.
10:05-10:50am Total Body Strength Megan & Kile			10:05-10:35 CXWORX Megan & Kile	10:05-10:50am Total Body Strength Megan	10:15-11:00am Total Body Strength Megan V.	10:05-10:50am Total Body Strength Megan V.

The feed for Facebook Live will open 30 minutes prior to class. All Facebook Live classes will be available on our NSYMCA Virtual Wellness Youtube Channel.

If you are having problems with Facebook Live, please try the following things:

1. Update your browser
2. Make sure the volume on your devices is on
3. Please be patient.

Classes and instructors are subject to change.

Questions about the schedule:

Please contact: Megan Vazquez, Sr. Director of Wellness at 847-272-7250 ext. 1217 or mvazquez@nsymca.org updated 1.16.2020