



# NSYMCA SHUTDOWN SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Saturday 3/28	Sunday 3/29	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
PRE-RECORDED** Zumba Dawn	PRE-RECORDED** Interval Conditioning Dani	PRE-RECORDED** Barre Sculpt Gilda	9:15-11:00am Turbokick Total Body Strength (TBS) Megan V.	9:15-11:00am Latin Fusion Core & More Megan V.	9:15-11:00 BODYCOMBAT Total Body Strength (TBS) Megan V.	PRE-RECORDED** Tabata Intervals Myleen

**\*\*PRE-RECORDED video links will be posted on FB and a push notification will be sent through the NSYMCA app at 8:00 the morning of the class.**

**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](mailto:mvazquez@nsymca.org) updated 1.16.2020