

Reserve your Hotworx Package at Member Services. Register for classes in our Wellness Center.



MAY/JUNE 2017



TIME	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
6:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR		
7:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ROLL	
8:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ISO	
9:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT YOGA	HOT BUNS
10:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT BUNS	HOT CORE
11:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT CORE	HOT WARRIOR
12:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT WARRIOR	HOT ISO
1:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT PILATES	HOT PILATES
3:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ISO	HOT ROLL
4:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT YOGA	HOT YOGA
5:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT BUNS	
6:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ZEN	
8:15PM	HOT ZEN	HOT ROLL	HOT ZEN	HOT ROLL	HOT ZEN		

Hotworx is offered exclusively at the Northwest Family YMCA for YMCA of Greater Syracuse Members.

Reserve your Hotworx Package at Member Services. Register for classes in our Wellness Center.

Hotworx is offered exclusively at the Northwest Family YMCA for YMCA of Greater Syracuse Members.