



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS CLASSES

## BLOSSMAN FAMILY BRANCH

### IMPORTANT NOTES:

- Members must maintain minimum of 6 feet distance before, during, and after class.
- Indoor cycling limited to 11 members and 1 instructor.
- Functional Strength classes at the Blossman Y: 14 members and 1 instructor. No reservations required.
- Class participation will be on a first come serve basis at this time.
- Members may arrive no earlier than 10 minutes before class time.
- All members and staff will have their temperature checked at entrance.
- Bikes are 6 feet apart.
- Bring personal mat, towel, and water bottle.
- No guests permitted. Facility use will be limited to YMCA members only.

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**MISSISSIPPI GULF COAST YMCA**  
**228-875-5050 • MGCYMCA.ORG**

### JULY FUNCTIONAL TRAINING CLASSES

MONDAYS, WEDNESDAYS, FRIDAYS  
5:15am and 6:15 am with Christina

TUESDAYS AND THURSDAYS  
7am with Melissa  
9am with Amanda

### INDOOR CYCLING CLASSES

TUESDAY  
5:15am with Renee  
5:30pm with Cicely

THURSDAY  
5:15am with Renee  
5:30pm with Kelly W.

FRIDAY  
9:00am with Missy P.

### CHILDWATCH HOURS

**MONDAY-FRIDAY: 7:45AM-NOON**  
**MONDAY-THURSDAY: 3AM-8PM**

\*No reservations needed.  
\*No children in diapers or pull-ups.