



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTMEMBER SWEATFEST!

Join our first-ever "SweatFEST" on Friday, Sept. 22 and Saturday, Sept. 23

and experience a variety of different Group Exercise classes.

Active Facility Members can bring a friend FOR FREE\* to try their favorite classes at the Y. Also included during SweatFEST – door prizes, snacks & refreshments, a YMCA360 Demo, and chance to win a Gift Basket!

Learn more about YMCA360 by scanning the QR code!



## FRIDAY, SEPT. 22 – AM

**Spin w/Burt** 8:15am – 9am  
Rotary Room

**FUNctional Fridays w/Rebecca** 9:15am – 10am  
Riggins Room

**Chair Fit For Life w/Damaris** 9:15am – 9:45am  
Davis Room

**YMCA 360 Demo, Light Snacks, Door Prize, and Raffle Basket Winner** 10am – 10:30am  
Davis Room



## FRIDAY, SEPT. 22 – PM

**Spin w/Maura** 5:30pm – 6pm  
Rotary Room

**Zumba w/Carmen** 5:30pm – 6pm  
Riggins Room

**Strength Train Together w/Rebecca** 6:15pm – 7:15pm  
Riggins Room

**STRONG Nation w/Donna** 6:15pm – 7:15pm  
Davis Room

**YMCA 360 Demo, Light Snacks, Door Prize, and Raffle Basket Winner** 7:15pm – 7:45pm  
Davis Room



## SATURDAY, SEPT. 23 – AM

**Spin w/Burt** 7:45am – 8:30am  
Rotary Room

**Hatha Yoga w/Tracey** 9am – 10am  
Davis Room

**Cardio Drumming w/Donna** 9:15am – 10:15am  
Riggins Room

**Zumba w/Megan** 10:30am – 11:30am  
Riggins Room

**YMCA 360 Demo, Light Snacks, Door Prize, and Raffle Basket Winner** 11:30am – 12pm  
Davis Room

\*Class space is limited and advance registration is required. Same day walk-ins may be permitted based on available spots.

**Cumberland Cape Atlantic YMCA**

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