



FLAGLER CENTER Y | 12735 Gran Bay Parkway, Suite 201

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OCTOBER FREE-FEST

Try the  
FLAGLER Y for  
FREE in OCTOBER!

Enjoy the below class schedule for FREE during the month of October\*. We know that once you experience the Flagler Y, that you'll want to come back for more!



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m. 6:45 a.m.	<b>Boot Camp</b> Amy -Multi	<b>Les Mills SPRINT™</b> 30 min Amy -B	<b>Boot Camp</b> Laura -Multi	<b>BODYPUMP®</b> Amy-Multi	
12:15 p.m.- 1:00 p.m.	<b>Boot Camp</b> Jill -A	<b>Kick Boxing</b> Nick -A <b>Cycle</b> 30 min -Amy -B <b>Yoga</b> 50 min Shawn -C	<b>Boot Camp</b> Jill -Multi	<b>Kick Boxing</b> Nick - Multi <b>Les Mills SPRINT™</b> 30 min - Jammy -B <b>Barre</b> 55 min - Shawn -C	<b>Boot Camp</b> Laura/KC -Multi
5:30 p.m.- 6:30 p.m.	<b>POWER YOGA</b> Jennifer -C <b>BODYPUMP®</b> 45 min Amanda/ Kristen -Multi	<b>Tabata Strength</b> 30 min Amy -Multi	<b>BODYPUMP®</b> 45 min Kristen/Mel - Multi	<b>Yo-God</b> Joye -A <b>Tabata Cardio</b> 30 min Amy -Multi	

[FirstCoastYMCA.org](http://FirstCoastYMCA.org)

\*Applies to non-members only.