



# Downtown Pop-Up

# Group Ex

# Opportunities June 20– 24



Although land classes in the building are canceled due to chiller work, the following group workout opportunities are available for those wanting to meet outside (instructor-led):

- **6 a.m. on Monday 6/20 & Wednesday 6/22**  
Meet in the parking lot at 5:55 a.m. for a walk/run to Walnut Street Bridge (and brief body weight exercises on bridge).
- **9 a.m. on Monday 6/20 & Thursday 6/23**  
Meet at 9 a.m. leave from the YMCA and run to Ross's Landing for a workout and then run back.
- **9 a.m. on Tuesday 6/21 & Friday 6/24**  
Meet at Jefferson Park, 1800 Jefferson St, Chattanooga, TN 37408 for a park workout.
- **12 p.m. on Wednesday 6/22**  
Meet at 12 p.m. in the lobby for outdoor bootcamp with Beth Murphy.

Please be wise in workout efforts, as temperatures outside will be warm (and bring water!)