

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:00 Cardio Cuts						
		5:30-6:15 Cycle- Strength	5:30-6:15 Cycle-Strength	5:30-6:15 Indoor Cycling	5:30-6:15 Cardio Mix		
	8:30-9:15 Indoor cycling	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:10-9:20 Indoor Cycling	
	8:30-9:15 Zumba Multipurpose Room				8:30-9:15 Zumba Multipurpose Room		
	9:25-9:55 Sr. Dance						
	9:25-9:45 Core Express	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:25-9:50 Basic STEP	9:30-10:30 Yoga	9:30-10:20 Zumba	
	10:00-10:30 Sr. Chair Yoga	10:00-10:45 Sr. Chair Exercise	11:15-noon Barre Above	10:00-10:45 Sr. Chair Exercise	10:45-11:45 Barre Above	10:30-11:30 Pound	
		12:15-12:45 Indoor Cycling		11:00-11:30 Sr. Chair Yoga			
	5:00-5:20 Strength Express	5:00-5:20 Core Express		5:00-5:20 Core Express			
	5:30-6:15 Boot Camp	5:30-6:20 Zumba	5:30-6:15 HIIT	5:25-5:55 Basic STEP			
				6:00-6:50 Zumba	6:00-7:00 Tai-Chi		
	6:30-7:30 Yoga	6:30-7:30 Tai-Chi	6:30-7:30 Yoga	7:00-8:00 Pound			
		7:30-8:30** Line Dancing					

Fall and Winter
2018-2019

Schedule subject to
change

3 participants for a
class to make

Full Facility
members: free

Basic members: \$30
punch card/15
classes

Non-members: \$75
punch card/15
classes

Child Watch for
YMCA members
only

No Child Watch for
5:30am, 11:30am &
Wed 12:15pm
classes

**fee required