



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Group Fitness Schedule Effective June 5

Summer 2017  
 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  
 12:15 & 5:30am  
 classes

\*\*fee required

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15 Cycle- Strength	5:30-6:15 Boot Camp	5:30-6:15 Indoor Cycling			
						8:15-9:30 Indoor Cycling	
	8:30-9:15 Indoor Cycling & Zumba multipurpose room (6/12- 8/28)	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp	8:30-9:15 Cardio Cuts	8:30-9:15 Boot Camp		
	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		
	10:00-10:30 Sr. Chair Yoga	10:00-10:45 Sr. Chair Exercise		10:00-10:45 Sr. Chair Exercise		10:00-11:00 Zumba	
		12:15-12:45 Indoor Cycling					
	5:00-5:20 Strength Express	5:00-5:20 Core Express	5:00-5:20 Strength Express	5:20-5:50 Basic STEP			
	5:30-6:15 Boot Camp	5:30-6:15 Zumba					
				6:00-7:00 Zumba	6:00-7:00 Tai-Chi		
	6:30-7:30 Yoga	6:30-7:30 Tai-Chi	6:30-7:30 Mind/Body				
		7:30-8:30** Line Dancing					