



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Group Exercise Schedule 2017  
Contact Information: Annette  
Garrison Health & Wellness  
Coordinator  
amgarrison\_ymca@twc.com**

<u>4/19/2017</u>	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5:35am-6:35 a.m. 5:45am -6:30 a.m.	<b>5:35-6:35</b> R.I.P.P.E.D Carrie		AM ENERGIZER Carrie		AM ENERGIZER Carrie	
7 a.m. - 7:45 a.m	YOGA Katie			YOGA Katie		
8:00-8:55 a.m.R/F 8:10-8:55 a.m.MTW	CIRCUIT INTERVAL Kathie	FIT FOR ALL Kathie	BLOCK CIRCUIT Kathie	<b>8:00- 8:55</b> PILOXING Kathie	<b>8:00- 8:55</b> BodyBlast Cynthia	
8:35am-9:30 am						ZUMBA® Lori/Kendra
9:00-10:00 a.m.		BODYBLAST Annette	YOGA PILATES Annette	BODYBLAST Cynthia	YOGA PILATES Holly	
10:00-10:55 a.m.						R.I.P.P.E.D. Serena
10:30am-11:15 am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS CLASSIC	SILVERS SNEAKERS YOGA	SILVER SNEAKERS CLASSIC		
4:40 pm (R) 4:45 pm( M&W)	ZUMBA® Lynda		ZUMBA® Kelli	R.I.P.P.E.D. Kristy		
5:35 pm.-6:30 pm	YOGA PILATES Holly	<b>5:45-6:15</b> TABATA Kathy B	YOGA PILATES Mark	ZUMBA® Kendra		
6:35 pm-7:30 pm	R.I.P.P.E.D. Amy	ZUMBA® Kendra/Kelli	CARDIO KICKBOXING Hugh	<b>6:35-7:05</b> TABATA Kathy B		

**New Policy:**

Non-Members or Guests may try 1 class free.

Non-county guests may try additional classes by paying the daily guest fee.

**NOTE: SEE BACK OF SCHEDULE FOR DESCRIPTIONS AND SNOW POLICY.**

AGE POLICY: GROUP EXERCISE 1-9 NOT ALLOWED 10-13 ACCOMPANIED BY ADULT 14-UP MAY ATTEND CLASSES ARE FREE AND OPEN TO MEMBERS ONLY.	<b>OUR YMCA MISSION</b> <i>"To put Christian principles into practice through programs          that promote healthy spirit, mind and body for all."</i>
	FINANCIAL ASSISTANCE IS AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS. PLEASE INQUIRE AT FRONT DESK.