



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

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

10/16/2017	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:35am-6:35 a.m. 5:45am -6:30 a.m.			R.I.P.P.E.D. Carrie		AM ENERGIZER Carrie	
7 a.m. - 7:45 a.m Upstairs down hall from cycling room	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	8:00- 8:55 PILOXING Kathie	8:00- 8:55 R.I.P.P.E.D. Kristy	
8:35am-9:30 am						ZUMBA® Kendra/Kelli
9:00-10:00 a.m.		BODYBLAST Annette	YOGA PILATES Annette	BODYBLAST Alison	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			
5:35 pm.-6:30 pm	YOGA PILATES Holly	5:45-6:15 TABATA Carrie	YOGA PILATES Mark	ZUMBA® Kendra		
6:35 pm-7:30 pm	R.I.P.P.E.D. Amy	ZUMBA® Kendra/Kelli		6:35-7:05 TABATA Cynthia		

CHECK OUT OUR OTHER SCHEDULES WITH CYCLING AND LES MILLS BODYPUMP AND VIRTUAL GROUP EXERCISE CLASSES! THOSE CLASSES ARE HELD IN THE NEW LES MILLS GROUP EXERCISE ROOM(OLD PUTT PUTT GOLF) VIRTUAL CYCLING IS UPSTAIRS IN CYCLING ROOM.

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.

OUR YMCA MISSION

"To put Christian principles into practice through programs that promote healthy spirit, mind and body for all."

FINANCIAL ASSISTANCE IS AVAILABLE FOR LOW INCOME FAMILIES OR INDIVIDUALS. PLEASE INQUIRE AT FRONT DESK.