



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 2018
Contact Information: Annette
Garrison Health & Wellness
Coordinator
amgarrison_ymca@twc.com

1/11/2018	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:35am-6:35 a.m.			R.I.P.P.E.D.		AM ENERGIZER	
7 a.m. - 7:45 a.m Upstairs down hall from cycling room	YOGA			YOGA		
8:00-8:55 a.m. F 8:10-8:55 a.m.MTRW	CIRCUIT INTERVAL	FIT FOR ALL	BLOCK CIRCUIT	CIRCUIT INTERVAL	8:00- 8:55 R.I.P.P.E.D.	
8:35am-9:30 am						ZUMBA®
9:00-10:00 a.m.		BODYBLAST	YOGA PILATES	BODYBLAST	YOGA PILATES	
10:00-10:55 a.m.						R.I.P.P.E.D.
10:30am-11:15 am	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS CLASSIC	SILVERS SNEAKERS YOGA	SILVER SNEAKERS CLASSIC		
4:45-5:30 pm	ZUMBA®		ZUMBA®			
5:35 pm.-6:30 pm	YOGA PILATES	5:45-6:15 TABATA	YOGA PILATES	ZUMBA®		
6:35 pm-7:30 pm	R.I.P.P.E.D.	ZUMBA®		6:35-7:05 TABATA		

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.