



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

<u>6/21/2018</u>	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			
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®			
5:35 pm.-6:30 pm		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		

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.