



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule
Contact Information:
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Health & Wellness Coordinator
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<u>1/24/2019</u>	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:35am-6:35 am		5:35-6:20am TABATA	R.I.P.P.E.D.		AM ENERGIZER	
7 a.m. - 7:45 am Upstairs down hall from cycling room		YOGA		YOGA		
8:10-8:55 am	CIRCUIT INTERVAL	FIT FOR ALL	BLOCK CIRCUIT	CIRCUIT INTERVAL		
8:00-8:55 am					R.I.P.P.E.D.	
8:00 - 8:45 am	COMING	FEB. 15TH			YOGABLEND	
8:35-9:30 am						ZUMBA®
9:00-10:00 am	KICKBOXING	BODYBLAST	YOGA PILATES	BODYBLAST		
10:20-11:15 am						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	Coming FEB 4th ZUMBA!	4:45- 5:30 BARRE				
5:35 pm.-6:30 pm		5:45-6:30 TABATA	YOGA PILATES	ZUMBA®		
6:40- 7:20 pm				6:40-7:20 BARRE		
6:35 pm-7:30 pm	R.I.P.P.E.D.			6:35-7:20 TABATA		

Want more ZUMBA? You got it! Monday nights at 4:45 starting February 4th with Mendi! Also, adding YOGABLEND on Friday mornings at 8:00 am with Katie, February 15th(upstairs) Try out our new BARRE classes on Tuesday and Thursday! Reshape your body! Get a

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.