

STUDIO A

Monday

POWER HOUR CYCLE
6:00am-7:00am
Tony

SILVER SNEAKERS
9:00am-10:00am
Kim (GYM)

Tuesday

TABATA CYCLE
6:30am-7:00am
Tony

Wednesday

POWER HOUR CYCLE
6:00am-7:00am
Tony

SILVER SNEAKERS
9:00am-10:00am
Kim (GYM)

Thursday

TABATA CYCLE
6:30am-7:00am
Tony

8/6/18 to 9/1/18

Friday

POWER HOUR CYCLE
6:00am-7:00am
Tony

SILVER SNEAKERS
9:00am-10:00am
Kim (GYM)

Saturday

CYCLE FIT
7:45am-8:45am
Justine



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER GROUP EXERCISE SCHEDULE

AGE REQUIREMENTS:

- **Ages 12 to 15**
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**
May use Fitness area without parent present but must have a waiver on file.



Please Contact Aaron Thompson,
Fitness Coordinator, with questions at
aaront@gcymca.org or 765.664.0544

CYCLE
6:00pm-6:30pm
Kim

BEGIN TO CYCLE
6:40pm-7:10pm
Kim

STUDIO B

Monday

YOGA
6:00am-7:00am
Carole

KICKFIT
9:15am-9:45am
Laura

SPEED
9:50am-10:10am
Laura

Tuesday

GROUP STRENGTH
5:30am-6:15am
Tony

YOGA
9:30am-10:30am
Justine

Wednesday

YOGA
6:00am-7:00am
Carole

KICKFIT
9:15am-9:45am
Laura

SPEED
9:50am-10:10am
Laura

Thursday

GROUP STRENGTH
5:30am-6:15am
Tony

YOGA
9:30am-10:30am
Justine

Friday

YOGA
6:00am-7:00am
Carole

Saturday

STRALA YOGA
7:00am-8:00am
Kendra

YOGA BEGIN
9:15am-10:00am
Carole

YOGA
5:30pm-6:30pm
Justine

POUND
6:45pm-7:30pm
Erin

CORE
5:30pm-5:45pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

YOGA
5:30pm-6:30pm
Justine

CORE
5:30pm-5:45pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

STRALA YOGA
5:30pm-6:30pm
Kendra