

## STUDIO A

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

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

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

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

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

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

**DANCE2FIT**  
9:15am-10:15am  
Missy

**DANCE2FIT**  
9:00am-10:00am  
Missy

**DANCE2FIT**  
9:00am-10:00am  
Missy

**TABATA CYCLE**  
6:00pm-6:30pm  
Kim

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

## STUDIO B

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**YOGA**  
6:00am-7:00am  
Carole

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

**YOGA**  
6:00am-7:00am  
Carole

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

**YOGA**  
6:00am-7:00am  
Carole

**STRALA YOGA**  
8:00am-9:00am  
Kendra

**KICKFIT**  
9:15am-9:45am  
Laura

**YOGA**  
9:30am-10:30am  
Justine

**KICKFIT**  
9:15am-9:45am  
Laura

**SPEED**  
9:50am-10:10am  
Laura

**YOGA**  
9:30am-10:30am  
Justine

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

**YOGA**  
5:30pm-6:30pm  
Justine

**CORE**  
5:30pm-5:45pm  
Larwan

**YOGA**  
5:30pm-6:30pm  
Justine

**CORE**  
5:30pm-5:45pm  
Larwan

**POUND**  
6:45pm-7:30pm  
Erin

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

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

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

11/3/18-12/1/18



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER 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  
aaron@gcymca.org or 765.664.0544