

## STUDIO A

Monday	Tuesday	Wednesday	Thursday	4/2/18 to 6/2/18	Friday	Saturday
<b>POWER HOUR CYCLE</b> 6:00am-7:00am Tony	<b>TABATA CYCLE</b> 6:30am-7:00am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Tony	<b>TABATA CYCLE</b> 6:30am-7:00am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Tony		
<b>SILVER SNEAKERS</b> 9:00am-10:00am Kim (GYM)	<b>SENIOR FIT</b> 9:15am-10:00am Kathy (GYM)	<b>SILVER SNEAKERS</b> 9:00am-10:00am Kim (GYM)	<b>SENIOR FIT</b> 9:15am-10:00am Kathy (GYM)	<b>SILVER SNEAKERS</b> 9:00am-10:00am Kim (GYM)		

**TABATA CYCLE**  
6:00pm-6:30pm  
Kim  
**BEGIN TO CYCLE**  
6:40pm-7:10pm  
Kim

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

## STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YOGA</b> 6:00am-7:00am Carole	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>YOGA</b> 6:00am-7:00am Carole	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>YOGA</b> 6:00am-7:00am Carole	<b>H.I.I.T</b> 8:30am-9:00am Marcy
<b>KICKFIT</b> 9:15am-9:45am Laura	<b>YOGA</b> 9:30am-10:30am Marcy	<b>KICKFIT</b> 9:15am-9:45am Laura	<b>YOGA</b> 9:30am-10:30am Marcy	<b>SPEED CORE</b> 9:15am-9:35am Amie 9:45am-10:00am Amie	<b>YOGA BEGIN</b> 9:15am-10:00am Marcy
<b>SPEED</b> 9:50am-10:10am Laura	<b>H.I.I.T</b> 10:45am-11:15am Marcy	<b>SPEED</b> 9:50am-10:10am Laura			
<b>YOGA</b> 5:30pm-6:30pm Katrina	<b>CORE</b> 5:30pm-5:45pm Larwan	<b>YOGA</b> 5:30pm-6:30pm Katrina	<b>CORE</b> 5:30pm-5:45pm Larwan		
<b>POUND</b> 6:45pm-7:30pm Erin	<b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan	<b>BODYBUILDING 101</b> 6:00pm-7:00pm Larwan	<b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan		



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING 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 Marcy Moreillon,  
Fitness Director, with questions at  
marcym@gcymca.org or 765.664.0544