

STUDIO A

7/2/18 to 7/31/18



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POWER HOUR CYCLE 6:00am-7:00am Tony	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Tony	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Tony	
SILVER SNEAKERS 9:00am-10:00am Kim (GYM)		SILVER SNEAKERS 9:00am-10:00am Kim (GYM)		SILVER SNEAKERS 9:00am-10:00am Kim (GYM)	

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.

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

STUDIO B

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	YOGA BEGIN 9:15am-10:00am Carole
KICKFIT 9:15am-9:45am Laura		KICKFIT 9:15am-9:45am Laura			
SPEED 9:50am-10:10am Laura	YOGA 9:30am-10:30am Justine	SPEED 9:50am-10:10am Laura	YOGA 9:30am-10:30am Justine		

POUND
6:45pm-7:30pm
Erin

CORE
5:30pm-5:45pm
Larwan
GROUP STRENGTH
5:50pm-6:15pm
Larwan

CORE
5:30pm-5:45pm
Larwan
GROUP STRENGTH
5:50pm-6:15pm
Larwan



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