

GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am – 4:45 pm OPEN GYM	5:00 – 6:00 am OPEN GYM	5:00 - 9:15 am OPEN GYM	5:00 – 5:30 am OPEN GYM	5:00 – 9:15 am OPEN GYM	5:00 – 6:00 am OPEN GYM	7 am – 8 am OPEN GYM
	6:15 – 7:00 am Rise & Shine w/ Arlene		5:30-6:15 HIIT the Ropes w/ Jess		6:15 – 7:00 am Rise & Shine w/ Arlene	
	7:00 – 8:15 am OPEN GYM		6:15 – 9:15 am OPEN GYM		7:00 - 9:15 am OPEN GYM	
	8:30 - 9:15 am TBS w/Sue		9:00 - 9:45 am TBS w/ Sue			8:00 – 9:15 am Cardio Fusion w/ Arlene
	9:30 - 10:15 am Silver Sneakers	9:30 – 10:30 am Zumba Gold w/ Sue	10:00 -10:30 am OPEN GYM	9:30 – 10:30 am Zumba Tone w/ Sue	9:30 – 10:15 am Silver Sneakers Yoga	9:30am – 4:45 pm OPEN GYM
	10:30 – 11:30 am Preschool Gymnastics	10:30 - 11:00 am OPEN GYM	10:45 – 11:30 am Silver Sneakers	10:30 -11:00 am OPEN GYM	10:30 – 11:30 am Tai Chi w/ Pam	
		11:00 - 11:45 am Silver Sneakers		11:00 – 11:45 am Silver Sneakers		
	11:45 – 2:30 pm OPEN GYM	12:00 - 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	12:00 – 2:30 pm OPEN GYM	11:45 – 2:30 pm OPEN GYM	
	2:30 - 5:30 pm After School Care	2:30 - 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	2:30 – 5:30 pm After School Care	
	5:30 – 6:15pm Kick Boxing /Step w/ Karen	5:30 – 6:30 pm Gymnastics	5:30 – 7:00 pm Xcelerate / X-FIT HITT w/ Tif	5:30 - 7:45 pm Gymnastics	5:30 - 8:15 pm OPEN GYM	
	6:30 – 7:30 pm Zumba w/ Melissa	6:30-7:30 pm Tai Chi w/ Pam				
	7:45 - 9:15 pm OPEN GYM	7:45 – 9:15 pm OPEN GYM	7:00 – 9:15 pm OPEN GYM	7:45– 9:15 pm OPEN GYM		

Studio Class Schedule

All Class and Program Times, Dates
& Prices are subject to change
by the YMCA at any time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:45 am Cycling w/Sarah		5:45 – 6:45 am Cycling w/ Jessica	5:30 - 6:00 am Mini-Barre w/Sarah	
					6:15 - 7:15 am Cycling w/Jen	9:15 - 10:00 am Barre Instructor Rotates
	8:30-9:30 am Yoga w/ Carol		8:30-9:30 am Yoga w/ Carol			10:15 - 11:15 am Yoga Instructor Ro- tates
		12:00-1:00 pm Yoga w/Karen		12:00 -1:00 pm Yoga w/Karen		
	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tif	5:30 - 6:30 pm Cycling w/ Donna	5:30 - 6:30 pm TRX w/Tif	5:15-6:00 pm Yoga Flow w/ Karen	
	6:45 - 7:45 pm Yoga w/ Karen	6:45 - 7:45 pm Barre w/ Karen	6:45 - 7:45 pm Yoga w/Karen	6:45 - 7:45 pm Barre w/Arlene		