

STUDIO A GROUP EXERCISE

01/02/18 to 03/31/18



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 the Fitness 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

Monday

POWER HOUR CYCLE

6:00AM-7:00AM

Tony

SILVER SNEAKERS

9:00AM-10:00AM

Kim(GYM)

TABATA CYCLE

6:00PM-6:30PM

Kim

BEGIN TO CYCLE

6:40PM-7:10PM

Kim

Tuesday

TABATA CYCLE

6:30AM-7:00AM

Tony

CYCLE

9:00AM-9:45AM

Amie

SENIOR FIT

9:15AM-10:00AM

Kathy(GYM)

Wednesday

POWER HOUR CYCLE

6:00AM-7:00AM

Tony

SILVER SNEAKERS

9:00AM-10:00AM

Kim(GYM)

TABATA CYCLE

6:00PM-6:30PM

Kim

Thursday

TABATA CYCLE

6:30AM-7:00AM

Tony

CYCLE

9:00AM-9:45AM

Amie

SENIOR FIT

9:15AM-10:00AM

Kathy(GYM)

Friday

POWER HOUR CYCLE

6:00AM-7:00AM

Tony

SILVER SNEAKERS

9:00AM-10:00AM

Kim(GYM)

Saturday

STUDIO B GROUP EXERCISE

Monday

YOGA

6:00AM-7:00AM

Carole

KICKFIT

9:15AM-9:45AM

Laura

SPEED

9:50AM-10:10AM

Laura

ABOVE BARRE

10:15AM-10:45AM

Laura

YOGA

5:30PM-6:30PM

Marcy

BODYBUILDING 101

6:00PM-7:00PM

Larwan (FLOOR)

POUND

6:45PM-7:30PM

Erin

Tuesday

GROUP STRENGTH

5:30AM-6:15AM

Tony

YOGA

9:30AM-10:30AM

Marcy

H.I.I.T

10:45AM-11:15AM

Marcy

CORE

5:30PM-5:45PM

Larwan

GROUP STRENGTH

5:50PM-6:30PM

Larwan

Wednesday

YOGA

6:00AM-7:00AM

Carole

KICKFIT

9:15AM-9:45AM

Laura

SPEED

9:50AM-10:10AM

Laura

ABOVE BARRE

10:15AM-10:45AM

Laura

YOGA

5:30PM-6:30PM

Marcy

BODYBUILDING 101

6:00PM-7:00PM

Larwan (FLOOR)

Thursday

GROUP STRENGTH

5:30AM-6:15AM

Tony

YOGA NEXT

8:30AM-9:15AM

Marcy

YOGA

9:30AM-10:30AM

Marcy

CORE

5:30PM-5:45PM

Larwan

GROUP STRENGTH

5:50PM-6:30PM

Larwan

Friday YOGA

6:00AM-7:00AM

Carole —

SPEED

9:15AM-9:35AM

Amie

CORE

9:45AM-10:00AM

Amie

Saturday

H.I.I.T

8:30AM-9:00AM

Marcy

YOGA BEGIN

9:15AM-10:00AM

Marcy