

STUDIO A

4/2/18 to 6/2/18



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)	SENIOR FIT 9:15am-10:00am Kathy (GYM)	SILVER SNEAKERS 9:00am-10:00am Kim (GYM)	SENIOR FIT 9:15am-10:00am Kathy (GYM)	SILVER SNEAKERS 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
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	
KICKFIT 9:15am-9:45am Laura		KICKFIT 9:15am-9:45am Laura		SPEED 9:15am-9:35am Amie	
SPEED 9:50am-10:10am Laura		SPEED 9:50am-10:10am Laura		CORE 9:45am-10:00am Amie	
YOGA 5:30pm-6:30pm Katrina	CORE 5:30pm-5:45pm Larwan	YOGA 5:30pm-6:30pm Katrina	CORE 5:30pm-5:45pm Larwan		
POUND 6:45pm-7:30pm Erin	GROUP STRENGTH 5:50pm-6:15pm Larwan	BODYBUILDING 101 6:00pm-7:00pm Larwan	GROUP STRENGTH 5:50pm-6:15pm Larwan		

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