

## STUDIO A

Monday	Tuesday	Wednesday	Thursday	9/3/18 to 9/30/18	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>CYCLE FIT</b> 7:45am-8:45am Justine



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 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 Aaron Thompson,  
Fitness Coordinator, with questions at  
aaront@gcymca.org or 765.664.0544

**TABATA CYCLE**  
6:00pm-6:30pm  
Kim  
**BEGIN TO CYCLE**  
6:40pm-7:10pm  
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>STRALA YOGA</b> 7:00am-8:00am Kendra <b>YOGA BEGIN</b> 9:15am-10:00am Carole
<b>KICKFIT</b> 9:15am-9:45am Laura		<b>KICKFIT</b> 9:15am-9:45am Laura			
<b>SPEED</b> 9:50am-10:10am Laura	<b>YOGA</b> 9:30am-10:30am Justine	<b>SPEED</b> 9:50am-10:10am Laura	<b>YOGA</b> 9:30am-10:30am Justine		

<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan	<b>STRALA YOGA</b> 5:30pm-6:30pm Kendra
<b>POUND</b> 6:45pm-7:30pm Erin	<b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan		<b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan	