



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Group Fitness FALL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:30-9:15 Robin	Body Pump 5:15 – 6:15AM Dawn	Senior Fitness 8:30-9:15 Robin	Body Pump 5:15 – 6:15AM Dawn	Senior Fitness 8:30-9:15 Robin	Body Pump 8:00 – 9:00am Rotation
Water Aerobics 9:00-10:00 Marge	Water Aerobics 9:00-10:00 Marge	Water Aerobics 9:00-10:00 Irene	Water Aerobics 9:00-10:00 Irene	Water Aerobics 9:00-10:00 Rotation	
Cardio & Strength 9:20-10:00 am Amanda	Silver Sneakers 10:30-11:15am Jo	Vinyasa Yoga 9:25-10:15am Angel	Silver Sneakers 10:30-11:15am Jo	Spin Fit 9:00-10:00am Amanda	
Strength Express 12-12:30 pm Kara	Tabata Fusion 12-12:30 pm Amanda	HIIT 12:00-12:30 pm Kara	Bootcamp/HIIT 12:00-12:30 pm Amanda		
Vin – Yin Yoga 4:15- 5:05pm Angel	Body Pump 5:30 – 6:30 pm Tina	Zumba 5:15-6:00 pm Andrea	Body Pump 4:00 – 5:00 pm Tomoko		
Full Body Workout 5:30-6:15pm Becky	Aquatic Bootcamp 6:00-7:00 pm Kim	Full Body Workout 6:05-6:35pm Becky	Pound 5:30-6:30 pm Candace	OCTOBER 30th; YMCA Community 5K & Kids Spooky Sprint Register now!	