



GROUP FITNESS CALENDAR

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	monday	tuesday	wednesday	thursday	friday	saturday
A M	C - 5:15 Early Bird Cycling-Mike A - 8:30 Morning Yoga-Chris Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria	Q - 5:15 Queenax Circuit-Mike A - 8:30 Tabata-Kristen A - 9:15 Stretch-Kristen A - 10:00 Pilates-LeeAnn	C - 5:15 Early Bird Cycling-Mike A - 8:30 Vinyasa Yoga-Jen A - 10:00 Tai Chi-Ruth Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria	Q - 5:15 Queenax Circuit-Mike A - 8:30 Tabata-Kristen A - 9:15 Stretch-Kristen A - 10:00 Pilates-LeeAnn	C - 5:15 Early Bird Cycling-Mike A - 8:30 Morning Yoga-Chris A - 10:00 Tai Chi-Ruth Q - 10:00 Queenax Boost-Maria A - 11:00 Senior Fit-Maria	C - 7:30 Saturday Cycle-Lindsay A - 8:30 Zumba-Bryonna
	C - 5:30 Evening Cycle-Shaun A - 5:30 Zumba-Bryonna A - 6:15 Cardio Kickbox-Joe A - 7:00 Conditioning-Joe Classroom 2- 6:00 pm Candlelight Pilates-LeeAnn	A - 4:30 Tabata-Corey C - 5:30 Evening Cycle-Shaun A - 7:00 Yoga-Karla	C - 5:30 Evening Cycle-Shaun A - 6:15 Cardio Kickbox-Joe A - 7:00 Conditioning-Joe	C - 5:30 Evening Cycle-Lindsay A - 7:00 Yoga-Karla	A - 5:00 Pilates-LeeAnn A - 6:00 Hatha Yoga-Joe	<div> <div>CHILDWATCH & KIDFIT ZONE</div> <div>HOURS</div> <div>JUNE - AUGUST</div> <div> <div>MONDAY THROUGH FRIDAY</div> <div>8 AM - 12 PM</div> <div>4 - 7 PM</div> </div> <div> <div>SATURDAY</div> <div>8 AM - 12 PM</div> </div> <div> <div>SUNDAY</div> <div>CLOSED</div> </div> <div> <div>the YMCA</div> <div>NO ENTRY 30 MINUTES PRIOR TO ENTRY</div> </div> </div>
P M						

A - AEROBICS STUDIO
C - CYCLING ROOM
Q - QUEENAX ROOM

ALL MEMBERS AGED 14+ MAY PARTICIPATE IN ALL GROUP EXERCISE CLASSES.

ALL MEMBERS AGED 8-13 MAY PARTICIPATE IN CLASSES ONLY WITH INSTRUCTOR APPROVAL AND IF THEY ARE ACCOMPANIED BY AN ADULT (18+) WHO IS PARTICIPATING IN THE CLASS.

CLASS DESCRIPTIONS AVAILABLE ONLINE

CLASSES ARE OFFERED AS A MEMBER BENEFIT