



TEMPORARY YMCA SCHEDULE

Begins January 31, 2018 (until further notice)

Monday

5:15am Group Cycling
5:30am Suspension Fit (Back Half Large Gym)
8:15am- Tabata (Kid Center basement)
8:30am Water Walking
4:30pm- HIIT (Back Half Large Gym)
5:30pm Group Cycling

Tuesday

5:30am MAX Interval Training (Back Half Large Gym)
8:30am Arthritis Aquatics
9:00am ZumbaTone (Kid Center Basement)
5:15pm ZumbaTone (Kid Center Basement)

Wednesday

5:30am Suspension Fit (Back Half Large Gym)
8:15am Tabata (Kid Center basement)
8:30am Water Walking
4:30pm HIIT (Back Half Large Gym)
5:30pm Group Cycling

Thursday

5:30am MAX Interval Training (Large Gym)
8:30am Arthritis Aquatics
9:00am ZumbaTone (Kid Center basement)
5:15 ZumbaTone (Kid Center basement)

Friday

8:30am Water Walking



TEMPORARY YMCA EXPRESS SCHEDULE

Begins January 31, 2018 (until further notice)

Monday

5:15am BodyPump
8:15am BodyPump
9:30am Active Older Adults
5:30pm Kardio Kombat

Tuesday

8:00am Toning
4:15pm Boot Camp
5:15pm BodyPump

Wednesday

5:15am BodyPump
8:15am BodyPump
9:30am Active Older Adults
5:30pm Kardio Kombat

Thursday

8:00am Toning
4:15pm Boot Camp
5:15pm BodyPump

Friday

8:15am BodyPump
9:30am Active Older Adults
5:15 Boot Camp

Saturday

9:00am BodyPump