

YMCA Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Core & More 6:00-6:45	Indoor Cycle 6:00-6:45 (Starting Oct 7 th)		Indoor Cycle 6:00-6:45 (Starting Oct 7 th)	Core & More 6:00-6:45	
	Senior Aerobics 8:30-9:15		Senior Aerobics 8:30-9:15			Cardio Kick Boxing 9:00-10:00
	Silver Sneakers Senior Strength 9:30-10:45		Silver Sneakers Senior Strength 9:30-10:45		Silver Sneakers Cardio Circuit 9:30-10:30	
	Gentle Yoga 11:00-12:00	Indoor Cycle 12:15pm (Starting Sept 9 th)	Gentle Yoga 11:00-12:15	Indoor Cycle 12:15pm (Starting Sept 9 th)	Gentle Yoga 11:00-12:15	
AFTERNOON	Women's Fitness 12:15-12:45		Women's Fitness 12:15-12:45			
					Community Dance Beginner 4:30-5:15	
	Core & More 5:30-6:00	Cardio Kick Boxing 5:30-6:30	Core & More 5:30-6:00	Cardio Kick Boxing 5:30-6:30		
		Advanced Indoor Cycling 5:30-6:30 (Starting Sept 23 rd)		Advanced Indoor Cycling 5:30-6:30 (Starting Sept 25 th)		
EVENING	Indoor Cycling 6:00-7:00 (Starting in Oct) Look for Flyers	Intermediate Pilates 6:30 – 7:30 (Starting Sept 23 rd)	Indoor Cycling 6:00-7:00 (Starting in Oct) Look for Flyers			
	Pilates 7:00-8:00 (Starting Sept 22 nd)		Yogalates 7:00-8:00 (Starting Sept 24 th)			