

FITNESS SCHEDULE

starting week of
Sept. 12

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--------------------------------|--|
| | PICKLE BALL 6:00-8:00am | | PICKLE BALL 6:00-8:00am | | |
| AQUA JOG 9:00-9:45am | AQUA JOG 9:00-9:45am | AQUA JOG 9:00-9:45am | AQUA JOG 9:00-9:45am | AQUA JOG 9:00-9:45am | |
| ENHANCED FITNESS 10:00-10:45am w\ Kyreek | SILVER SNEAKERS 10:30-11:15am w/ Kyreek | ENHANCED FITNESS 10:00-10:45am w\ Kyreek | SILVER SNEAKERS 10:30-11:15am w/ Kyreek | | CARDIO TONING 9:00-9:45am w/ Holly |
| CARDIO DANCE GOLD 11:00-12:00Pm w/ Sue | CARDIO STEP GOLD 11:30am-12:30pm w/Holly | CARDIO DANCE GOLD 11:00-12:00pm w/ Holly | CARDIO DANCE GOLD 11:30-12:30pm w/ Sue | | |
| PICKLE BALL 12:30-3:15pm | WATER FITNESS 1:00-1:45pm | PICKLE BALL 12:30-3:15pm | WATER FITNESS 1:00-1:45pm | | YMCA FACILITY HOURS |
| PUNK ROPE or BUTT N' GUTT 5:00-5:30pm w/James | RUN CLUB 5:00-6:00pm w/ James | CARDIO STEP 5:15-6:00pm w/ James | YOGA 5:00-6:00pm w/ Gina | | Mon. - Thurs 5:30-8:00pm Fri. 5:30a-7:00pm |
| ADULT GYM CLASS 5:30-6:00pm w/James | PILATES 5:15-6:00pm w/ Jeannie | KICKBOXING 6:15-7:00pm w/ Holly | RUN CLUB 5:00-6:00pm w/ James | | Sat. 7:00a-4:00pm Sun: closed July, Aug & Sept |
| POWER 30 6:00-6:30pm w/James | HIIT 6:00-6:30pm w/ James | | CARDIO TONING 6:00-7:00pm w/ Holly | | |
| STRETCHING 6:30-6:45pm w/James | | | | | REVISED 8/30/22 |