

FITNESS SCHEDULE

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 6:00-6:45pm w/ Holly	RUN CLUB 5:00-6:00pm w/ James		Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm
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 10/17/22