

# FITNESS SCHEDULE

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                            |
|---|---|---|--|---|-------------------------------------|
|   | <b>PICKLE BALL</b><br>6:00-8:00am                     |   | <b>PICKLE BALL</b><br>6:00-8:00am                    |   |                                     |
| <b>AQUA JOG</b><br>9:00-9:45am                        | <b>AQUA JOG</b><br>9:00-9:45am                        | <b>AQUA JOG</b><br>9:00-9:45am                        | <b>AQUA JOG</b><br>9:00-9:45am                       | <b>AQUA JOG</b><br>9:00-9:45am                          |                                     |
| <b>ENHANCED FITNESS</b><br>10:00-10:45am<br>w\ Kyreek | <b>SILVER SNEAKERS</b><br>10:30-11:15am<br>w/ Kyreek  | <b>ENHANCED FITNESS</b><br>10:00-10:45am<br>w\ Kyreek | <b>SILVER SNEAKERS</b><br>10:30-11:15am<br>w/ Kyreek |   | <b>CARDIO TONING</b><br>9:00-9:45am |
| <b>CARDIO DANCE GOLD</b><br>11:00-12:00Pm<br>w/ Sue   | <b>CARDIO STEP GOLD</b><br>11:30am-12:30pm<br>w/Holly | <b>CARDIO DANCE GOLD</b><br>11:00-12:00pm<br>w/ Holly | <b>CARDIO DANCE GOLD</b><br>11:30-12:30pm<br>w/ Sue  | <b>PICKLE BALL</b><br>12:30-3:15pm                      |                                     |
| <b>PICKLE BALL</b><br>12:30-3:15pm                    | <b>WATER FITNESS</b><br>1:00-1:45pm                   | <b>PICKLE BALL</b><br>12:30-3:15pm                    | <b>WATER FITNESS</b><br>1:00-1:45pm                  | <b>YMCA FACILITY HOURS</b>                              |                                     |
| <b>YOGA</b><br>5:00-6:00pm                            | <b>RUN/WALK</b><br>5:00-5:45pm<br><i>On Track</i>     | <b>CARDIO STEP</b><br>5:15-6:00pm                     | <b>YOGA</b><br>5:00-6:00pm                           | Mon. - Thurs 5:30-9:00pm<br>Fri. 5:30a-7:00pm           |                                     |
| <b>CARDIO CORE or BUTT N' GUTT</b><br>5:00-5:30pm     | <b>CARDIO PILATES</b><br>5:15-6:00pm                  | <b>RUN/WALK</b><br>6:00-6:45pm<br><i>On Track</i>     | <b>HIIT</b><br>5:00-5:30pm                           | Sat. 7:00a-4:00pm<br>Sun: 12:00p-4:00pm                 |                                     |
| <b>ADULT GYM CLASS</b><br>5:30-6:00pm                 | <b>HIIT</b><br>6:00-6:30pm                            | <b>INTRAVAL KICKBOXING</b><br>6:00-6:45pm             | <b>PILATES</b><br>6:00-6:45pm                        | Don't forget all our virtual classes on Ywellness 24/7! |                                     |
| <b>POWER 30</b><br>6:00-6:45pm                        | <b>TURBO INTRAVAL JOGGING</b><br>6:00-7:00pm          |   | <b>CARDIO TONING</b><br>6:00-7:00pm                  | <b>REVISED 01/03/23</b>                                 |                                     |