

GROUP EXERCISE SCHEDULE SUMMER 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Times	Saturday
5:15 AM - 6:15 AM			Strength Train Together		Strength Train Together	7:30 AM - 8:30 AM	Cycle Together
5:30 AM - 6:30 AM	Cycle Together	Tabata		Balance & Flex Together		8:00 AM - 9:00 AM	Cardio Step Together
				Defend Together		8:30 AM - 9:30 AM	Core Focus Together
8:00 AM - 9:00 AM	Aqua Fit	Relaxing Yoga	Aqua Fit		Aqua Fit	9:30 AM - 10:30 AM	Strength Train Together
9:00 AM - 10:00 AM	Silver Balance <small>9:00 AM- 9:30 AM</small>	Tabata		4x4			Pilates
	Strength Train Together	Pilates	Strength Train Together		Strength Train Together	Times	Sunday
		Youth Aqua Recess <small>9:00 AM- 9:45 AM</small>				12:30 PM - 1:30 PM	Tabata
9:15 AM - 10:00 AM			Chair Yoga			1:30 PM - 2:30 PM	Yoga
10:00 AM - 11:00 AM	Cardio Step Together	Silver Sneakers	Cardio Step Together	Silver Sneakers	Tabata		
	Aqua Motion		Aqua Motion		Aqua Motion		
	Yoga	Yoga	Yoga				
11:00 AM - 12:00 PM	Enhance Fitness	Water Walking <small>Outdoor Pool</small>	Enhance Fitness		Enhance Fitness	HOURS OF OPERATION BUILDING (Wellness Center, Gym, Hot Tub, Sauna, Steam Room, Locker Room) M - F: 5:00 AM - 10:00 PM Sat: 6:00 AM - 6:00 PM Sun: 12:00 PM - 6:00 PM CHILD WATCH & YOUTH CENTER M - F: 8:45 AM - 12:00 PM M - F: 4:15 PM - 7:45 PM Sat: 7:45 AM - 12:00 PM Closed Sundays FAMILY FUN POOL M - F: 4:00 PM - 8:00 PM Sat - Sun: 12:00 PM - 6:00 PM FITNESS POOL M - F: 6:00 AM - 8:00 PM Sat: 6:00 AM - 12:00 PM Sun: 12:00 PM - 6:00 PM	
12:15 PM - 1:00 PM	Strength Train Together	4x4	Strength Train Together	Cardio Step Together	Strength Train Together		
	Balance & Flex Together	Cycle Together	Yoga	Yoga			
4:00 PM - 4:30 PM		Core Focus Together					
4:30 PM - 5:30 PM	Cardio Step Together	Strength Train Together	Cardio Step Together	Strength Train Together			
5:30 PM - 6:30 PM	Strength Train Together	Cardio Step Together	Strength Train Together	Tabata			
	Aqua Charged	Balance & Flex Together	Aqua Charged	Balance & Flex Together			
				Cycle Together			
5:30 PM - 6:15 PM		Tabata Cycling					
6:00 PM - 7:00 PM	Yoga						
6:30 PM - 7:30 PM	Defend Together						



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

The Norm Waitt Sr. YMCA is a not-for-profit, cause-driven charitable organization.