



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

DEC 20 – JAN 2

STUDIO A OPEN TO FIRST 18 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday 24 th & 31 st Hours 6am-1pm	Friday Closed 25 th 1/1 hours 10am-1pm	Saturday
5:15 – 6am	Total Body Blast (2-3)	Low-Impact Cardio (0)				
9:00 – 9:45am						Total Body Blast (2-3)
10:00 – 10:45am	Low-Impact Cardio (0)	Total Body Blast (2-3)	Low-Impact Cardio (0)	Total Body Blast (2-3)	Total Body Blast (2-3)	
11:00 – 11:45am	SilverSneakers (1)	SilverSneakers		SilverSneakers (1)		
6:30 – 7:15pm		Total Body Blast (2-3)				

STUDIO B OPEN TO FIRST 8 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
Personal Training					
9:15 – 9:45am	Boot Camp (2-3)		Boot Camp (2-3)		Boot Camp (2-3)
6:00 – 6:45pm	Boot Camp (2-3)				

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0



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GROUP FITNESS SCHEDULE

JAN 4 – 23

STUDIO A OPEN TO FIRST 18 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	Total Body Blast (2-3)	Low-Impact Cardio (0)		Low-Impact Cardio (0)		
9:00 – 9:45am						Total Body Blast (2-3)
10:00 – 10:45am	Low-Impact Cardio (0)	Total Body Blast (2-3)	Low-Impact Cardio (0)	Total Body Blast (2-3)	Low-Impact Cardio (0)	
11:00 – 11:45am	SilverSneakers (1)	SilverSneakers (1)		SilverSneakers (1)		
6:30 – 7:15pm		Total Body Blast (2-3)		Total Body Blast (2-3)		

STUDIO B OPEN TO FIRST 8 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
Personal Training					
9:15 – 9:45am	Boot Camp (2-3)		Boot Camp (2-3)		Boot Camp (2-3)
6:00 – 6:30pm	Boot Camp (2-3)				

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

The Y is opening in phases as we work to protect the health and safety of our members, staff and community.

At this time

- Members age 16+ are welcome on their own.
- Members age 13 – 15 are welcome in classes. YOUTH MUST be accompanied and under direct supervision of an adult member age 19+ at all times when in the facility and classes.