



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

**FEB 14 – MAR 6**

## 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)		Total Body Blast (2-3)	Low-Impact Cardio (0)	
11:00 – 11:45am	SilverSneakers (1)	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 10 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
9:15 – 9:45am	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)
10:00-10:30am			TRX Stretch and Flow (0)		
6:00 – 6:30pm	Boot Camp (2-3)		Boot Camp (2-3)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0



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# GROUP FITNESS SCHEDULE

**MAR 7 – 27**

## 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)	SilverSneakers (1)		
6:30 – 7:15pm		Total Body Blast (2-3)		Total Body Blast (2-3)		

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
9:15 – 9:45am	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)
10:00 – 10:30am			TRX Stretch and Flow (0)		
6:00 – 6:30pm	Boot Camp (2-3)		Boot Camp (2-3)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0



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# GROUP FITNESS SCHEDULE

**MAR 28 – APRIL 17**

## 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)		Total Body Blast (2-3)	Low-Impact Cardio (0)	
11:00 – 11:45am	SilverSneakers (1)	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 10 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
9:15 – 9:45am	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)
10:00 – 10:30am			TRX Stretch and Flow (0)		
6:00 – 6:30pm	Boot Camp (2-3)		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.