



# YMCA WORKOUT SCHEDULE

## MONDAY

GERI FITNESS*:	5:00 AM - 6:00 AM
GERI FITNESS*:	8:00 AM - 9:00 AM
BOOTCAMP:	9:00 AM - 10:00 AM
SILVER SNEAKERS:	10:30 AM - 11:30 AM
GERI FITNESS*:	12:00 PM - 1:00 PM
SAPA*:	3:10 PM - 4:05 PM
TONING:	4:15 PM - 5:15 PM
ZUMBA:	6:30 PM - 7:30 PM

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## TUESDAY

REANNA FITNESS:	5:30 AM - 6:00 AM
HIIT STRONG:	8:00 AM - 9:00 AM
YOGA:	9:30 AM - 10:30 AM
KICKBOXING:	5:30 PM - 6:30 PM
TAE KWON DO*:	6:30 PM - 8:00 PM

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## WEDNESDAY

GERI FITNESS*:	5:00 AM - 6:00 AM
GERI FITNESS*:	8:00 AM - 9:00 AM
HIIT STRONG:	9:00 AM - 10:00 AM
SILVER SNEAKERS:	10:30 AM - 11:30 PM
GERI FITNESS*:	12:00 PM - 1:00 PM
SAPA*:	3:00 PM - 4:00 PM
TONING:	4:15 PM - 5:15 PM
REANNA FITNESS:	5:00 PM - 6:00 PM
ZUMBA:	6:00 PM - 7:00 PM

# THURSDAY

REANNA FITNESS:	5:30 AM - 6:30 AM
HIIT STRONG:	8:00 AM - 9:00 AM
YOGA:	9:30 AM - 10:30 AM
GERI FITNESS*:	12:00 PM - 1:00 PM
SAPA*:	2:15 PM - 3:50 PM
TAE KWON DO*:	6:30 PM - 8:00 PM

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# FRIDAY

GERI FITNESS*:	5:00 AM - 6:00 AM
GERI FITNESS*:	8:00 AM - 9:00 AM
BOOTCAMP:	9:00 AM - 10:00 AM
ZUMBA:	8:30 AM - 9:30 AM
GERI FITNESS*:	12:00 PM - 1:00 PM
SAPA*:	3:15 PM - 7:30 PM

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# SATURDAY

REANNA FITNESS:	8:00 AM - 9:00 AM
KICKBOXING:	9:15 AM - 10:15 AM
YOGA	10:30 AM - 11:30 AM

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# SUNDAY

KICKBOXING:	3:30 PM - 4:30 PM
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# NOTES

\*INDICATES AN EXTRA CHARGE  
SAPA: STUDIO A PERFORMING ARTS