

YMCA GROUP FITNESS SCHEDULE



MONDAY

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

TUESDAY

STRENGTH & FIT: 8:00AM - 9:00AM
YOGA: 9:30AM - 10:30AM
KICKBOXING: 5:30PM - 6:30PM
*TAE KWON DO: 6:30PM - 8:00PM

WEDNESDAY

*GERI FITNESS: 5:00AM - 6:00AM
*GERI FITNESS: 8:00AM - 9:00AM
STRENGTH & FIT: 9:00AM - 10:00AM
SILVER SNEAKERS: 10:30AM - 11:30AM
*GERI FITNESS: 12:00PM - 1:00PM
TONING: 4:15PM - 5:15PM
ZUMBA : 6:00PM - 7:00PM

THURSDAY

STRENGTH & FIT: 8:00AM - 9:00AM
YOGA: 9:30AM - 10:30AM
*GERI FITNESS: 12:00PM - 1:00PM
*TAE KWON DO: 6:30PM - 8:00PM

FRIDAY

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

SATURDAY

KICKBOXING: 9:15AM - 10:15AM
YOGA: 10:30AM - 11:30AM

SUNDAY

KICKBOXING: 3:30PM - 4:30PM

NOTES:

*Indicates an extra charge