

GROUP EXERCISE CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Core De Force @ Lauren	Y Cycle Margret (45min)	HIIT Shon (45min)	HIIT Shon (45min)	Y Cycle Margret (45min)		
8:30am	Y Barre Vicki	Y Step/Y Power Combo Robin	Y Barre Vicki	Pilates Angie	Yoga Vicki	Y Yoga Cedahlia/Tasha	
8:30am			Y Cycle Melissa W	Y Cycle/Y Core Mike		Y Cycle (30min) Melissa W	
9:30am	BodyPump@ Linda	BodyPump@ Robin	Y Move Laura	BodyPump@ Robin	Bootcamp Robin	BodyPump@ Candice	
9:30am	Y Cycle Robin	Pilates PTS Angie					
10:30am	Y Core Robin (30 min)	Zumba@ Answorth	Zumba@ Laura	Line Dance April	Line Dance April	HIIT Candice/Candace	
10:30am	Turbo Kick PTS Linda (30min)						
11:30am	Silver Sneakers@ Classic Melissa W	Silver Sneakers@ Yoga April	Silver Sneakers@ Classic Tasha	Silver Sneakers@ Classic April	Silver Sneakers@ Cardio April	Zumba@ Shallon	
12:30pm	Gentle Yoga Michael	Line Dancing April					
2:00 pm							Bootcamp Candice
4:00pm	Zumba@ Answorth						
4:30pm			Y Power(45 min) Candace				
5:00pm	Y Core Melissa W	Y Yoga Robyn		Y Yoga PTS Cadahlia			
5:00pm				Y Core Melissa W			
5:30pm	BodyPump@ Robyn/Rich		HIIT (5:15) Candace	Y Power Candice	HIIT Candace		
5:30pm			Y Kids Fit G Corti (30min)				
6:00pm	Y Step G Deb (45min)	BodyPUMP@ Rich	Zumba@ Wendy				
6:00pm		Y Rhythm G (6:15) Randi	Bootcamp PTS Deb (45min)				
6:00pm		Y Cycle Mike (30 min)		Y Cycle Deb (45min)			
6:30pm	Y Cycle Don	Meditation CF Steve		Zumba@ Wendy			
6:30pm	Y Kids Fit Melissa H/Jami						
7:00pm		Kickboxing Deb (45min)					
7:00pm	Bootcamp Caroline (45min)	HIIT PTS Shon (45min)					

PTS = Personal Training Studio

G = Gym

CF=Conference room

All Y Cycle classes in the Cycle Studio

■ Cardio  
 ■ Strength

■ Specialty  
 ■ Water

■ Mind/Body  
 ■ Dance

**WATER EXERCISE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol		Sliver Sneakers® Splash Carol	
8:00am	Aqua Fit Becca	Aqua Fit Becca	Water Volleyball Carol	Stretch and Flex Jo	H2O Cardio Becca	
9:00am	H2O Cardio Jo	H2O Cardio Kathy	Water Volleyball Plus Kathy	H2O Cardio Jo	Aqua Fit Becca	H2O Cardio Jo
10:00am		Aqua Zumba® Monica		Aqua Zumba® Monica		
10:15am	Arthritis Aerobics June				Arthritis Aerobics June	
10:30am			Aqua Zumba® Monica			
11:45am			Arthritis Aerobics June			
1:30pm	Arthritis Aerobics June				Arthritis Aerobics June	
1:30 pm			Arthritis Aerobics June			
2:30pm						
4:00pm		Arthritis Aerobics June		Arthritis Aerobics June		
4:30pm						
6:00pm	H2O Cardio Jo	Aqua Zumba® Monica		Aqua Zumba® Monica		

**KID'S CORNER HOURS**

Monday—Friday 8:00 a.m. - 1:00 p.m. & 4:00 p.m. - 8:00 p.m.  
 Saturday 8:00 a.m. - 1:00 p.m.

**YOUTH CENTER**

Monday–Friday 8:00 a.m. - 1:00 p.m. 4:00 p.m. – 8:00 p.m.  
 Saturday 8:00 a.m. - 1:00 p.m.

**Isaiah 40:29-31**

“He gives power to the faint, abundant strength to the weak. Though young men faint and grow weary, and youths stagger and fall, they that hope in the LORD will renew their strength, they will soar on eagles’ wings; They will run and not grow weary, walk and not grow faint.”

God will help you and reward your fitness efforts, if they are done in His service and not out of vanity or selfishness. Put your trust in God, and He will guide you.

**NEW! Shorin-ryu Karate Class**

Ages 7 and up  
 Thursdays 6:30pm–7:15pm  
 Saturdays 10:30am

\$45 members \$60 Non members

**NEW! Bokken Wooden Katana**

Thursday 7:15–8pm

Ages 7 and up

\$100 Members \$120 non-members

TRX

Saturdays 8am and 8:30am

\$8 per session or \$60 for 10 sessions