



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

JANUARY 2018 - MAY 2018

Northwest Gibson County YMCA

GROUP EXERCISE CLASSES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 am		Y-Cycle Carolyn S (CR)		Y-Cycle Carolyn S (CR)	
9:00am	SilverSneakers® Circuit Vickie S (F)		SilverSneakers® Circuit Vickie S (F)	SilverSneakers® Classic Terry A (F)	
10:00am	Yoga ★				
5:00pm		Yoga Nancy H (AS)			
5:30pm	Y-Cycle Carolyn S (CR)			Zumba® Jenny D (AS)	
6:00pm		Zumba® Jenny D (AS)			
6:30pm	Bootcamp Tonya S (F)			Bootcamp Tonya S (F)	

★ Denotes a change in class from previous month.

Class Location:

AS Aerobic Studio CR Community Room F Fieldhouse WC Wellness Center