



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY 2018

NORTHWEST GIBSON COUNTY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am		Y-Cycle Millie (CR)		Y-Cycle Millie (CR)			
9:00am	SilverSneakers® Vickie (FH)		SilverSneakers® Vickie (FH)	SilverSneakers® Terry (FH)			
10:15am	Water Aerobics Cherie (P) *90 min class		Water Aerobics Cherie (P) *90 min class		Water Aerobics Cherie (P) *90 min class		
5:15pm	Water Aerobics Darlene (P) *90 min class	Water Aerobics Darlene (P) *90 min class	Y-Cycle Carolyn (CR) *45 min class	Water Aerobics Darlene (P) *90 min class			
5:30pm	Y-Cycle Carolyn (CR)	Zumba® Jenny (AS)		Zumba® Jenny (AS)			
6:00pm							
6:30pm	Boot Camp Tonya (FH)			Boot Camp Tonya (FH)			

**All classes are 60 minutes unless stated otherwise.*

<p>Facility Hours of Operation: M-F: 5AM-9PM Sat: 7AM-6PM Sun: 12PM-5PM</p> <p>Phone: 731-470-4277</p>	<p>Child Watch Hours: Mondays, Tuesdays, & Thursdays 5PM-8PM</p>
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<p>MindBody Cardio </p> <p>Dance Strength </p> <p> Denotes a change in class from previous month</p>	<p>Specialty Water </p>	<p>Class Location: AS Aerobics Studio CR Community Room FH Fieldhouse P Pool</p>
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