



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective as of March 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)			
10:00am	Yoga Vickie (AS) ★						
5:00pm		Yoga Nancy (AS) ★					
5:15pm			Y-Cycle Carolyn (CR) *45 min class				
5:30pm	Y-Cycle Carolyn (CR)			Zumba® Mary (AS) *with blacklights!			
6:00pm		Zumba® Mary (AS) ★					
6:30pm	Y-Strength Tonya (FH) ★			Y-Strength Tonya (FH) ★			

<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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“Healthy spirit, mind, and body for all.”