



SEPTEMBER 2019

MULTIPURPOSE ROOM – MORNING SCHEDULE

	MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5							
5:30		STRONG by ZUMBA® 5:20 - 6:20 AM		TRX® 5:20 - 6:05 AM	STRONG by ZUMBA® 5:20 - 6:20 AM		
6							
6:30							
7							
7:30							
8							
8:30		POUND® 8:00 - 8:50 AM				ZUMBA® 8:00 - 8:55 AM	VINYASA YOGA 8:30 - 9:30 AM <i>Starting on Sept. 8</i>
9	DANCE FITNESS 9:15 - 10:00 AM	VINYASA YOGA 9:00 - 10:00 AM	YOGA 9:15 - 10:10 AM	YOGA 9:00 - 10:00 AM	DANCE FITNESS 9:15 - 10:10 AM	VINYASA YOGA 9:15 - 10:30 AM	
9:30							
10	ZUMBA® 10:10 - 11:05 AM	YIN YOGA 10:05 - 11:05 AM	TRX® H.I.I.T. 10:20 - 11:05 AM MP or Outside	VINYASA YOGA 10:05 - 11:05 AM	PILATES-MAT 10:20 - 11:05 AM		
10:30						FAMILY YOGA 10:45 - 11:15 AM <i>Only on Sept. 14</i>	
11	ENHANCE FITNESS 11:15 AM - 12:15 PM	ZUMBA® GOLD 11:15 AM - 12:15 PM	ENHANCE FITNESS 11:15 AM - 12:15 PM	ZUMBA® GOLD 11:15 AM - 12:15 PM	ENHANCE FITNESS 11:15 AM - 12:15 PM		
11:30							



SEPTEMBER 2019

MULTIPURPOSE ROOM - AFTERNOON SCHEDULE

	MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 PM							
12:30		BARBELL PUMP 12:30 - 1:25 PM Starting Sept. 17	BARBELL PUMP 12:30 - 1:25 PM Ends on Sept. 11	BARBELL PUMP 12:30 - 1:25 PM Starting Sept. 19			
1							
1:30			CORE STRENGTH 12:30 - 1:15 PM Starting Sept. 18				
2							
2:30							
3					KIDS U 1:30 - 4:30 PM		
3:30	KIDS U 3:30 - 4:30 PM	KIDS U 3:30 - 4:30 PM	KIDS U 3:30 - 4:30 PM	KIDS U 3:30 - 4:30 PM			
4							
4:30							
5	PILATES-MAT 5:00 - 6:00 PM						
5:30		ZUMBA® 5:30 - 6:30 PM	STRONG 30® 5:30 - 6:00 PM				
6			POUND® 6:05 - 6:50 PM	ZUMBA® 6:00 - 7:00 PM			
6:30							
7							
7:30	TAI CHI 7:00 - 8:15 PM	YIN YOGA 7:00 - 8:15 PM	DANCE FITNESS 7:00 - 8:00 PM				
8							

During open times on the schedule, members are free to use the room space for independent activities.

TRX® classes are limited to 10 participants. Please sign in at Member Services to guarantee a spot.

*** The YMCA will be closed on September 2, in honor of Labor Day.**

Revised: 8.1.2019