

YMCA FALL FITNESS SCHEDULE



MONDAY

-  6-6:45 SPIN
-  6-6:45 BODYPUMP
-  9-9:45 SPIN
-  8:30-9:30 FIT MIX
-  8:30-9:15 AQUAFIT
-  10-10:45 CHAIR YOGA
-  11:30-12:30 ROCK STEADY BOXING
-  12:30-1:30 ROCK STEADY BOXING
-  1-2 SENIORCISE
-  1:45-3 ROCK STEADY BOXING
-  2:15-3 SENIOR EXERCISE
-  3:15-4:45 ROCK STEADY BOXING
-  5-5:45 PILATES
-  6-6:45 AQUAFIT

TUESDAY

-  6-6:45 SPIN
-  8:15-9 BOOTY BARRE
-  8:30-9:15 AQUAFIT
-  9:15-9:45 SPIN
-  9:15-10:15 BLOCK THERAPY
-  12:15-12:45 TONING
-  1:15-2 WOMEN ON WEIGHTS
-  4:30-5:15 SPIN
-  5:15-5:45 CARDIOLAST
-  6-6:45 AQUAFIT

WEDNESDAY

-  6-6:45 SPIN
-  6-6:45 BODYPUMP
-  8-9 MOVE!
-  8:30-9:30 FIT MIX
-  8:30-9:15 AQUAFIT
-  9-9:45 SPIN
-  11:30-12:30 PARKINSON'S MOVEMENT
-  12:30-1:30 PARKINSON'S MOVEMENT
-  1-2 SENIORCISE
-  1:45-3 PARKINSON'S MOVEMENT
-  5-5:45 YOGA
-  6-6:45 AQUAFIT

THURSDAY

-  6-6:45 SPIN
-  7-7:45 CHI BALL
-  8:15-9 BOOTY BARRE
-  8:30-9:15 AQUAFIT
-  9:15-9:45 SPIN
-  9:15-10:15 BLOCK THERAPY
-  12:15-12:45 TONING
-  1:15-2 WOMEN ON WEIGHTS
-  4:30-5:15 SPIN
-  6-6:45 AQUAFIT

FRIDAY

-  6-6:45 SPIN
-  6-6:45 BODYPUMP
-  7:45-8:15 STEP
-  8-9 MOVE!
-  8:30-9 PIYO
-  8:30-9:15 AQUAFIT
-  9-9:45 ZUMBA
-  10-10:45 CHAIR YOGA
-  11:30-12:30 ROCK STEADY BOXING
-  12:30-1:30 ROCK STEADY BOXING
-  1-2 SENIORCISE
-  1:45-3 ROCK STEADY BOXING
-  2:15-3 SENIOR EXERCISE
-  3:15-4:45 ROCKY STEADY BOXING

SATURDAY

-  9:15-10 Yoga

LOCATION

-  ASSEMBLY ROOM
-  LOBBY
-  CROSSFIT ROOM
-  POOL
-  SPIN ROOM

ATTENTION!

ROCK STEADY BOXING CLASSES REQUIRE ALL BOXERS TO COMPLETE AN ASSESSMENT PRIOR TO CLASS PARTICIPATION AND HAVE A WRITTEN DIAGNOSIS OF PARKINSON'S DISEASE.



217-245-2141



1000 SHERWOOD LN.