

Downtown YMCA location Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KickboxingAerobics 9:00am - 10:00am		KickboxingAerobics 9:00am - 10:00am		Spinning 5:00am - 6:00am	
	Strength Mix 9:30am - 12:00pm	SilverSneakers 11:00am - 11:45am	Strength Mix 9:30am - 12:00pm		AdvancedKettlebells 10:00am - 10:45am
SilverSneakers 11:00am - 11:45am					Teen Strength 12:00pm - 1:00pm
Jump Stretch 12:15pm - 12:45pm	Jump Stretch 12:15pm - 12:45pm	Jump Stretch 12:15pm - 12:45pm	Jump Stretch 12:15pm - 12:45pm	Jump Stretch 12:15pm - 12:45pm	
Tighten Up 5:30 pm - 6:30pm	YogaStretch 1:00pm-2:00pm	Tighten Up 5:30pm - 6:30pm	YogaStretch 1:00pm-2:00pm		
Fit Kids Exercise 5:15pm - 6:00pm	Beginner Kettlebells 5:00pm - 5:45pm	Fit Kids Exercise 5:15pm - 6:00pm	Beginner Kettlebells 5:00pm - 5:45pm		
Jump Stretch 6:00pm - 7:00pm	Advanced Kettlebells 5:45pm - 6:30pm	Jump Stretch 6:00pm - 7:00pm	Advanced Kettlebells 5:45pm - 6:30pm		
Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm	Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm		
Sports Training 7:00pm - 8:00pm	KickboxingAerobics 6:30pm - 7:30pm	Sports Training 7:00pm - 8:00pm	KickboxingAerobics 6:30pm - 7:30pm		
Absolutely Fit 7:30pm - 8:00pm	Jump Stretch 7:30pm - 8:30pm	Absolutely Fit 7:30pm - 8:00pm	Jump Stretch 7:30pm - 8:30pm		

Please register at the front desk at the beginning of every month for classes. Class schedules are subject to change. After 6:00 pm youth under the age of 13 are NOT permitted access to the YMCA unless they are accompanied by a parent or guardian or registered in a YMCA program.