

# Winter Schedule

## The Calcutta YMCA Program Center Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y-Cycling 5:30am-6:15am		Y-Cycling 5:30am-6:15am			
Interval Floor 8:00am-9:00am		Interval Floor 8:00am-9:00am		Interval Floor 8:00am-9:00am	Y-Cycling 9:00am-9:45am
Y-Cycling 9:00am-9:45	S.Sneaker Setup 9:45am-10:15am	Y-Cycling 9:00am-9:45am	S.Sneaker Setup 9:45am-10:15am	Y-Cycling 9:00am-9:45am	Family Zumba 9:00am-10:00am
Strength & Tone 10:00am-11:00am	MSROM SilverSneakers 10:15am-11:15am	Line Dancing 9:00am-10:00am	MSROM SilverSneakers 10:15am-11:15am	Strength & Tone 10:00am-11:00am	Y Rock Musical 10:30am-10:45am
YogaStretch 11:30am-12:30pm		YogaStretch 11:30am-12:30pm			Family Walking 11:00am-1:00pm
Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Family Walking 2:30pm-4:30pm	Teen Strength 12:00pm-1:00pm
CardioDance/Zumba 5:15pm-6:15pm	Y Rock Musical 4:00pm-4:45pm	Cardio DanceZumba 5:15pm-6:15pm	Y Rock Musical 4:00pm-4:45pm		
Y-Cycling 5:30pm-6:15pm	Butts & Guts 5:15pm-6:15pm	Y-Cycling 5:30pm-6:15pm	Butts & Guts 5:15pm-6:15pm		
Family Zumba 4:00pm-5:00pm	Y-Cycling 5:30pm-6:15pm	Family Zumba 4:00pm-5:00pm	Y-Cycling 5:30pm-6:15pm		
Karate 6:30pm-8:00pm	Zumba 6:15pm-7:15pm	Karate 6:30pm-8:00pm	Zumba 6:15pm-7:15pm		
Yoga 6:00pm-7:15pm	Yoga 6:00pm -7:15pm	Yoga 6:00pm-7:15pm	Yoga 6:00pm -7:15pm		
Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	Family Walking 7:30pm-9:00pm	

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

Designated Wellness Center times for Teen Strength certified members:

Monday thru Sunday - 3:00pm - 5:00pm

Monday thru Friday - 7:30pm - 9:00pm