

East Liverpool Area YMCA

The Calcutta YMCA Program Center

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am Y-Cycling	5:30-6:15am Y-Cycling	5:30-6:15am Y-Cycling	5:30-6:15am Y-Cycling	5:30-6:15am Y-Cycling	
8:00-9:00am Interval Floor		8:00-9:00am Interval Floor		8:00-9:00am Interval Floor	
9:00-9:45am Y-Cycling		9:00-9:45am Y-Cycling		9:00-9:45am Y-Cycling	
	9:45-10:15am S. Sneaker Setup		9:45-10:15am S. Sneaker Setup		
10:00-11:00am Strength Mix	10:15-11:15am MSROM	10:00-11:00am Strength Mix	10:15-11:15am MSROM	10:00-11:00am Strength Mix	10:00-10:45am Zumba (Family)
11:00-11:30am S. Sneaker Setup	Silver Sneakers	11:00-11:30am S. Sneaker Setup	Silver Sneakers		11:00-1:00pm Family Walking
11:30-12:30pm YogaStretch Silver Sneakers		11:30-12:30pm YogaStretch Silver Sneakers			12:00-1:00pm Teen Strength Training
	12:00-1:00pm Yogalates		12:00-1:00pm Yogalates		
	12:15-1:00pm Zumba		12:15-1:00pm Zumba		
2:30-4:30pm Family Walking	2:30-4:30pm Family Walking	2:30-4:30pm Family Walking	2:30-4:30pm Family Walking	2:30-4:30pm Family Walking	
4:30-5:30pm Cardio Dance		4:30-5:30pm Cardio Dance			
5:30-6:15pm Y-Cycling	5:30-6:15pm Zumba	5:30-6:15pm Y-Cycling	5:30-6:15pm Zumba		
6:30-8:00pm Karate		6:30-8:00pm Karate	6:30-7:30pm Line Dancing		
7:00-8:00pm Butts & Gutts	7:00-7:45pm Y-Cycling	7:00-8:00pm Butts & Gutts	7:00-7:45pm Y-Cycling		
7:30-9:00pm Family Walking	7:30-9:00pm Family Walking	7:30-9:00pm Family Walking	7:30-9:00pm Family Walking	7:30-9:00pm Family Walking	

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:

Teens 16 & older

M-F 3-5pm, M-F 7:30-9pm, Sat-Sun 3-5pm