

Fitness Class Schedule Revised: June 1 2007

Please register at the front desk. Class schedules may change due to lack of enrollment.

Please Remember: After 6:00 pm, 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.

Calcutta YMCA Program Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	5:30-6:15 am Y-Cycling	7:30-8:15 am Y-Cycling
8:00-9:00 am Interval Floor		8:00-9:00 am Interval Floor		8:00-9:00 am Interval Floor	8:00-9:00 am Aqua Jog
8:00-9:00 am Aqua Aerobics		8:00-9:00 am Aqua Aerobics		8:00-9:00 am Aqua Aerobics	
9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:00-10:00 am Y-Cycling	9:00-10:00 am Aqua Aerobics	9:15-10:00 am Aqua Yoga	
9:15-10:00 am Aqua Yoga					
10:00-11:00 am Strength Mix	10:15-11:15 am SilverSneakers	10:00-11:00 am Strength Mix	10:15-11:15 am SilverSneakers		11:00-1:00 pm Family Walking
2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	2:30-4:30 pm Family Walking	
5:30-6:15 pm Y-Cycling	5:15-6:15 pm Yogilates		5:15-6:15 pm Yogilates		
6:30-7:30 pm Boot Camp		6:30-7:30 pm Boot Camp	7:00-7:45 pm Line Dancing		
6:30-8:00 pm Karate	7:00-7:45 pm Y-Cycling	6:30-8:00 pm Karate	7:00-7:45 pm Y-Cycling		
7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	7:30-9:00 pm Family Walking	

Downtown YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
SilverSneakers 10:00 - 10:45 am		SilverSneakers 10:00 - 10:45 am			Jump Stretch 9:00 - 9:30 am	
Jump Stretch 12:15 - 12:45 pm	Jump Stretch 12:15 - 12:45 pm	Jump Stretch 12:15 - 12:45 pm	Jump Stretch 12:15 - 12:45 pm		Jump Stretch 10:00 - 11:00 am	
Maximal Toning 4:00 - 4:30 pm				Maximal Toning 3:00 - 3:30 pm	Jump Stretch 11:00 - 12:00 am	
Jump Stretch 6:00 - 7:00 pm	Jump Stretch 6:00 - 7:00 pm	Jump Stretch 6:00 - 7:00 pm	Jump Stretch 6:00 - 7:00 pm			
Step & Sculpt 6:30 - 7:30 pm	Karate Okinowa Style 7:00 - 8:30 pm	Step & Sculpt 6:30 - 7:30 pm	Karate Okinowa Style 7:00 - 8:30 pm			
Jump Stretch 7:00 - 8:00 pm	Jump Stretch 7:00 - 8:00 pm	Jump Stretch 7:00 - 8:00 pm	Jump Stretch 7:00 - 8:00 pm			
Absolutely Fit 7:30 - 8:00 pm		Absolutely Fit 7:30 - 8:00 pm				
Jump Stretch 8:00 - 9:00 pm						
Jump Stretch classes need to be signed up for individually 24 hours before class is held.						