

# Summer Schedule

## The Calcutta YMCA Program Center Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GreatAge Cardio 8:00am-9:00am		GreatAge Cardio 8:00am-9:00am		GreatAge Cardio 8:00am-9:00am	
JustStretch 9:00am-9:30am	S.Sneaker Setup 9:45am-10:15am	Line Dancing 9:00am-10:00am	S.Sneaker Setup 9:45am-10:15am	JustStretch 9:00am-9:30am	ZumbaPlus 9:00am-10:00am
	MSROM SilverSneakers 10:15am-11:15am		MSROM SilverSneakers 10:15am-11:15am		
Strength & Tone 10:00am-11:00am					
Kick Boxing 12:10pm-12:50pm		Kick Boxing 12:10pm-12:50pm			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 1:00pm-2:00pm
Boot Camp 5:30pm-6:16pm		Boot Camp 5:30pm-6:16pm	BellyDanceFitness 5:00pm-6:00pm		
Karate 6:30pm-8:00pm	Zumba 6:00pm-7:00pm	Karate 6:30pm-8:00pm	Zumba 6:00pm -7:00pm		
Adult Karate 8:00pm-8:45pm		Adult Karate 8:00pm-8:45pm		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		

## Pool Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:00am-9:00am	Aqua Aerobics 9:00am-10:00am	Aqua Aerobics 8:00am-9:00am	AquaAerobics 9:00am-10:00am	Aqua Aerobics 8:00am-9:00am	

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  
Monday thru Sunday - 3:00pm - 5:00pm  
Monday thru Friday - 7:30pm - 9:00pm

# Downtown YMCA location Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 5:30am-6:10am		Spinning 5:30am-6:10am		Spinning 5:30am-6:10am	
					Kettlebells 10:00am - 10:45am
Jump Stretch 12:00pm-12:45pm		Jump Stretch 12:00pm-12:45pm			
Jump Stretch 5:00pm-5:45pm		Jump Stretch 5:00pm-5:45pm			
PowerFitness <sup>2 times!</sup> 5:30pm - 6:30pm 6:30pm - 7:30pm		PowerFitness <sup>2 times!</sup> 5:30pm - 6:30pm 6:30pm - 7:30pm			
	Kettlebells 5:30pm - 6:15pm		Kettlebells 5:30pm - 6:15pm		
Kettlebells 6:00pm - 6:45pm		Kettlebells 6:00pm - 6:45pm			
Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm	Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm		
PlyometricsExplosion 7:00pm - 8:00pm	Kick Boxing 7:15pm-8:00pm	PlyometricsExplosion 7:00pm - 8:00pm	Kick Boxing 7:15pm-8:00pm		
Absolutely Fit 7:30pm - 8:00pm		Absolutely Fit 7:30pm - 8:00pm			

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update 06/03/10 sc

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