

# Fall Schedule

## The Calcutta YMCA Program Center Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ZumbaPlus 9:00am-10:00am
GreatAge Cardio 8:00am-9:00am	Core Values 9:00am-9:30am	GreatAge Cardio 8:00am-9:00am	Core Values 9:00am-9:30am	GreatAge Cardio 8:00am-9:00am	Wacky Science 10:15am-11:00am
Spinning 9:00am-9:45	S.Sneaker Setup 9:45am-10:15am	Spinning 9:00am-9:45am	Silv.Sneaker Setup 9:45am-10:15am	Spinning 9:00am-9:45am	Family Walking 11:00am-1:00pm
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	Zumba Kids 11:15am-12:00pm
		<b>New! Pilates</b> 10:00am-11:00am		<b>New! Pilates</b> 10:00am-11:00am	Irish Step Dancing 12:00-12:30 5-8 yrs
KickFit 12:10pm-12:50pm		KickFit 12:10pm-12:50pm		KickFit 12:10pm-12:50pm	Irish Step Dancing 12:30-1:15 9-11 yrs
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	Irish Step Dancing 1:15-2:00 12-up
BootCampWorkout 5:30pm-6:15pm		BootCampWorkout 5:30pm-6:15pm	BellyDanceFitness 5:15pm-6:15pm		Teen Strength 1:00pm-2:00pm
Yoga 6:00pm-7:00pm	Spinning 5:30pm-6:15pm	Yoga 6:00pm-7:00pm	Spinning 5:30pm-6:15pm		
Karate 6:30pm-8:00pm	ZumbaPlus 6:00pm-7:00pm	Karate 6:30pm-8:00pm	ZumbaPlus 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 8:30am-10:00am	Aqua Aerobics 9:00am-10:00am	Aqua Aerobics 8:30am-10:00am	AquaAerobics 9:00am-10:00am	Aqua Aerobics 8:30am-10:00am	
Aqua Yoga 9:30am-10:15am	Aqua Aerobics 7:00-7:45 pm		Aqua Aerobics 7:00-7:45 pm	Aqua Yoga 9:30am-10:15am	

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-6:15am		Spinning 5:30am-6:15am		Spinning 5:15am - 6:00am	
	Strength Mix 9:30am-11:00 am		Strength Mix 9:30am-11:00am		Kettlebells 10:00am - 10:45am
Jump Stretch 12:15pm-12:45pm		Jump Stretch 12:15pm-12:45pm			Teen Strength 12:00pm - 1:00pm
Jump Stretch 5:00pm-5:45pm		Jump Stretch 5:00pm-5:45pm			
Tighten Up 5:30pm-6:30pm		Tighten Up 5:30pm-6:30pm			
PowerFitness 6:00pm - 7:00pm	Kettlebells 5:30pm - 6:15pm	PowerFitness 6:00pm - 7:00pm	Kettlebells 5:30pm - 6:15pm		
Kettlebells 6:00pm - 6:45pm	Zumba 6:15pm-7:15pm	Kettlebells 6:00pm - 6:45pm	Zumba 6:15pm-7:15pm		
Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm	Step & Sculpt 6:30pm - 7:30pm	Jump Stretch 6:30pm - 7:30pm		
Plyometrics Explosion 7:00pm - 8:00pm	Kickboxing 7:15pm - 8:00pm	Plyometrics Explosion 7:00pm - 8:00pm	Kickboxing 7:15pm - 8:00pm		
Absolutely Fit 7:30pm - 8:00pm		Absolutely Fit 7:30pm - 8:00pm			

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