



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**Wellsville YMCA
 Group Exercise Schedule
 Winter 2018/2019**

Effective: 12/3/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am-9:00 pm	5:30 am-9:00 pm	5:30 am-9:00 pm	5:30 am-9:00 pm	5:30 am-8:00 pm	8:00 am-4:00 pm	8:00 am-1:00 pm
	5:45-6:30 am Core 45 Tim			5:45-6:30 am Core 45 Tim		
8:30-9:30 am Stretch & Flex Tyler		8:30-9:30 am Stretch & Flex Amanda		9:00-9:30 am Silver Circuit Varies	8:30-9:30 am Stretch & Flex Instructor Varies	
9:00-10:00 am Tai Chi Theresa	9:30-10:30 am Next Level Fitness Tyler	9:00-10:00 am Tai Chi Theresa	9:30-10:30 am Next Level Fitness Tyler	9:00-10:00 am Tai Chi Theresa		
9:30-10:00 am Dance, Dance! Shaye		9:30-10:00 am Dance, Dance! Shaye		9:30-10:00 am Dance, Dance! Shaye		
12:15-12:45 pm Lunch-Time Lean Tyler		12:15-12:45 pm Lunch-Time Lean Tyler				
5:15-6:00 pm Total Body Tabata Erica	5:15-5:45 pm Get Fit w/HIIT Amanda		5:15-5:45 pm Get Fit w/HIIT Amanda			
	6:00-7:00 pm Strength Train Together Ashley		6:00-7:00 pm Strength Train Together Ashley			