



J. DOUGLAS WILLIAMS YMCA GROUP EXERCISE SCHEDULE 2019

| TIME | LOCATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-----------------|---------------|--------------|---------------|--------------|----------------------|----------|---|
| PM CLASSES | | | | | | | | |
| 4:30 PM | Group Ex Studio | Yoga | | Yoga | | | | |
| 5:30 PM | Group Ex Studio | BODYPUMP™ | Zumba | Zumba | Zumba | | | <div style="background-color: #f4a460; padding: 5px; border-radius: 10px;"> <p>Health Seeker If you are just starting to make exercise a consistent part of your life, try these classes!</p> </div> |
| | Cycling Studio | Cardio Cycle | Rip & Ryde | Cardio Cycle | Rip & Ryde | Cardio Cycle (60min) | | |
| 6:15 PM | Group Ex Studio | | Core (15min) | | Core (15min) | | | <div style="background-color: #4db6ac; padding: 5px; border-radius: 10px;"> <p>Step Up If you exercise a few times a week and are looking to add more structure to your workout routine, try these classes!</p> </div> |
| 6:30 PM | Group Ex Studio | Dance Fitness | BODYPUMP™ | Dance Fitness | | | | <div style="background-color: #3954ab; color: white; padding: 5px; border-radius: 10px;"> <p>Athlete If you are looking for a challenge, try these classes!</p> </div> |
| 7:30 PM | Group Ex Studio | TaeKwon-Do | Yoga | | TaeKwon-Do | | | <div style="background-color: #e91e63; color: white; padding: 5px; border-radius: 10px;"> <p>Paid Program</p> </div> |
| <p>YOUTH POLICY</p> <ul style="list-style-type: none"> - Ages 8-11 permitted in classes that don't use equipment (Zumba, Yoga, Pilates, Core). Parents must be participating in the class and youth must be able to finish the class. - Ages 12 +: Can attend all classes and must be able to finish the class. Must be able to properly fit on a bike for cycle class. - *TaeKwon-Do is a specialty paid class; please see the front desk for more details on how to sign-up | | | | | | | | |
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