



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Heart of the Valley YMCA Fitness Schedule August 28-September 4, 2017

Monday, August 28, 2017

Morning Classes

5:15-6:15 AM Total Body Boot Camp
5:15-6:15 AM Axis (FOD)
9:00-10:00 AM Cardio/Strength (FOD)
9:00-9:45 AM Group Cycling
9:00-9:45 AM Slow Flow Yoga
10:00-11:00 AM Zumba

Evening Classes

4:15-5:00 PM Kettlebells
5:15-6:10 PM Yoga Basics (FOD)
6:00-6:45 PM Group Cycling

Tuesday, August 29, 2017

Morning Classes

5:15-5:50 AM Ripped (FOD)
8:00-8:55 AM Transform (FOD)
9:00-10:05 AM Funky Fusion/Groove (FOD)
9:00-9:45 AM Group Cycling
9:00-9:45 AM Pilates/Yoga Fusion

Evening Classes

5:20-6:20 PM Zumba
6:30-7:30 PM Hatha Yoga

Wednesday, August 30, 2017

Morning Classes

5:15-6:00 AM Step
8:00-8:45 AM Gentle Stretch
9:00-9:45 AM Step
9:00-9:45 AM Slow Flow Yoga
9:00-9:45 AM Tabata Cardio
11:15-12:15 PM Chair Yoga

Afternoon/Evening Classes

12:05-12:50 PM Group Cycling
5:15-6:15 PM Tabata Cardio
6:30-7:35 PM Pilates (FOD)

Thursday, August 31, 2017

Morning Classes

5:10-6:00 AM Core/Strength
5:15-6:10 AM Triple Cardio (FOD)
8:00-9:00 AM Cardio/Strength (FOD)
9:00-9:45 AM Pilates/Yoga Fusion
9:00-9:45 AM Group Cycling
9:00-10:00 AM Zumba Toning

Evening Classes

5:15-6:20 PM Funkie Fusion/Groove (FOD)
6:30-7:30 PM Hatha Yoga

Friday, September 1, 2017

Morning Classes

5:15-5:50 AM Pilates (FOD)
5:15-6:00 AM Cycle 360
5:15-6:15 AM Boot Camp
8:00-8:55 AM Axis (FOD)
9:00-10:05 AM Funkie Fusion/Groove (FOD)
10:30-11:30 AM Chair Yoga



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Saturday, September 2, 2017

6:30-7:30 AM Boot Camp
8:00-9:00 AM Party Rockin' Step (FOD)
9:00-10:00 AM Hatha Yoga

Sunday, September 3, 2017

9:30-10:30 AM Zumba

Monday, September 4, 2017

YMCA is Closed