

# YMCA Wellness Center

1735 Heckle Blvd 366-9622

## HOURS:

5:00 am - 9:30 pm Mon-Fri

7:30 am - 6:00 pm Sat

1:00 pm - 6:00 pm Sun

## CHILDWATCH

### HOURS: (Wellness Center Only)

8:15-12:00 Mon- Fri

8:15-12:00 Sat

3:55-7:30 pm Mon-Thurs

3:55-6:00 pm Friday

### NOTES:

L-Level  
C-Choreography

L1 - Beginner  
L2 - Intermediate  
L3 - Advanced

C1 - Little/No  
C2 - Low Level  
C3 - High Level

Mon.      Tues.      Wed.      Thurs.      Fri.      Sat.

Step/ Sculpt Christie L1-3 6:00-6:45am	Cycle w/ Trish 5:45-6:30am	Step/ Sculpt w/ Sherie/ Christie 6:00-6:45am	Cycle w/Trish 5:30-6:15am	Cycle w/Trish 5:00-5:45am	Cycle w/Trish 8:30-9:15am
Step/ Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	Cycle w/Kim 8:15-9:15am	Step/ Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	Cycle w/Kim 8:15-9:15am	Sculpt & Sweat w/ Sherri L1-3 CO 6:00-6:45am	Beg. Step w/ Sue C1 9:30-10:15am
Fit over 50! w/ Sylvia L1-2 C0 9:15-10:15am	Int. Step/Abs w/Paige L2-3 C2 9:30-10:30am	Fit over 50! w/ Debbie L1-2 C0 9:15-10:15am  Cardio/Sculpt w/Colleen 10:30-11:30am	Int. Step/Abs w/Paige L2-3 C2 9:30-10:15am	Step/ Sculpt w/ JoD L1-3 C1 8:15-9:15am	Int. Step w/Sue C2 10:15-11:00am
Starter Step/ Sculpt w/Ana 10:30-11:30am  Core Challenge w/Lisa 12:30-1:30pm	Yoga w/ Barbara 10:30-11:30am	Fit Kids Age 3-5 11:30-12:00pm  Cycle w/Rainey 12:15-1:00pm	Body Sculpt w/Paige L1-2 C0 10:15-10:45am  Core Challenge w/Lisa 12:30-1:30pm	Sculpt & Sweat L2-3 C0 w/ Shelly/ Sondra 9:30-10:30am	Zumba w/Katie 11:15-12:00pm
Sit to be Fit w/Sylvia L1 C0 2:15-3:15pm	Chair Yoga w/ Arlene 2:15-3:15pm	Sit to be Fit w/Sylvia L1 C0 2:15-3:15pm		Step/Sculpt w/Colleen 10:45-11:45am	Sunday Sculpt/ Sweat w/ Elaine L1-3 C0 2:00-3:00pm
Sculpt & Sweat w/ Suzannah L2-3 C0 4:10-5:10pm	Core Challenge w/Lisa 4:10-5:10pm	Sculpt & Sweat w/ Suzannah L2-3 C0 4:10-5:10pm	Step Interval w/Melissa L2-3 C2 4:10-5:10pm	Sit to be Fit w/Sylvia L1 C0 2:15-3:15pm	
Step w/ Melissa L2-3 C1-2 5:15-6:15pm	Step Interval w/ Tammy L1-3 C1-2 5:15-6:00pm	30/30 Step /Sculpt L1-2 C2 w/Lee 5:15-6:00pm	Zumba w/ Katie 5:30-6:15pm	Sculpt & Sweat w/ Suzannah L2-3 C0 3:45-4:45pm	
	Glutes & Thighs w/ Tammy 6:00-6:15pm	Abs & Back w/ Jennifer 6:00-6:30pm		30/30 Sculpt w/ Mickey 5:15-6:15pm	
Power Sculpt w/ Sue L1-3 C0 6:30-7:30pm	Cycle w/Deb 6:30-7:15pm	Progressive Step w/ Jennifer L2-3 C3 6:30-7:30pm	Cycle w/Jim 6:30-7:15pm		
Sculpt & Sweat w/ Mickey L1-3 C0 7:30-8:30pm	Sculpt & Sweat w/ Elaine L1-3 C0 7:30-8:30pm	Hi/Lo Sculpt w/ Mickey L1-3 C0 7:30-8:30pm	Sculpt & Sweat w/ Elaine L1-3 C0 7:30-8:30pm		

[www.upymca.org](http://www.upymca.org)



# May