



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

CLOVER GROUP EXERCISE SCHEDULE JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Athletic Conditioning w/ Laura M. 8:00-8:55 am	Yoga w/ Andrea G. 8:00-8:55 am	Athletic Conditioning w/ Laura M. 8:00-8:55 am	Core & More w/ Kerrie W. 8:00-8:55am	Athletic Conditioning w/ Laura M. 8:00-8:55 am	
	Core & More w/ Laura M. 9:00 -9:30 am	Barre Pilates w/ Andrea G. 9:00-10:00 am	Core & More w/ Laura M. 9:00 -9:30 am	Athletic Conditioning w/ Kerrie W. 9:00-9:55 am	Core & More w/ Laura M. 9:00 -9:30 am	
	Y Fit Kids w/ Laura M. 9:30-10:00 am		Y Fit Kids w/ Laura M. 9:30-10:00 am		Y Fit Kids w/ Laura M. 9:30-10:00 am	
	Silver Sneakers w/ Kathy M. 10:05 -10:50 am	Senior Fitness w/ Andrea G. 10:05-10:50 am	Yoga Fit – Seniors w/ Lindsay S. 10:15-11:00 am			
			Senior Fitness w/ Lindsay S. 11:00–11:45 am	Senior Fitness w/ Andrea D. 11:00–11:45 am	Senior Fitness w/Carmen A. 11:00–11:45 am	
	Athletic Conditioning w/ Kerrie W. 12:15-1:00pm	Athletic Conditioning w/ Kerrie W. 12:15-1:00pm	Athletic Conditioning w/ Kerrie W. 12:15-1:00pm	Yoga w/ Andrea D. 12:15-1:00pm	HIIT Circuit w/ Carmen A. 12:15-1:00pm	
		Total Fitness w/ Haley W. 4:30-5:30pm	Total Fitness w/ Krysti B. 4:30-5:15pm	Total Fitness w/ Haley W. 4:30-5:30pm		
	Cardio Hip Hop w/ Marcy L. 6:30-7:30pm	ZUMBA w/ Deborah W. 6:00-7:00pm				

YMCA Hours of Operation:

Monday through Friday: 5:00 am - 9:30 pm
Saturday: 8:00 am – 6:00 pm
Sunday: 1:00 pm – 6:00 pm

YMCA Child Watch Hours:

Monday through Friday: 8:00 am - 12 noon
Monday through Thursday: 4:00 pm - 8:00 pm
Friday: 4:00 pm – 7:00 pm
Saturday: 8:00 am - 12 noon