



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

CLOVER GROUP EXERCISE SCHEDULE SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tabatha Strength w/ Haley 8:00-8:55 am	Yoga w/ Andrea G. 8:00-8:55 am	Athletic Conditioning w/ Laura 8:00-8:55 am	HIIT w/ Haley 8:00-8:55am	Athletic Conditioning w/ Laura 8:00-8:55 am	
	Custom Cuts w/ Haley 9:00 -9:30 am	Athletic Barre w/ Andrea G. 9:00-10:00 am	Custom Cuts w/ Laura 9:00 -9:30 am	Boot Camp w/ Haley 9:00-9:30 am	Boot Camp w/ Laura 9:00 -9:30 am	
	Wee Fit / Kid Fit w/ Laura 9:30-10:00 am		Wee Fit / Kid Fit w/ Laura 9:30-10:00 am	Custom Cuts w/ Haley 9:30-10:30 am	Wee Fit / Kid Fit w/ Laura 9:30-10:00 am	
	SilverSneakers Classic® w/ Kathy 10:05 -10:50 am	Health Fitness for Seniors w/ Andrea G. 10:05-10:50 am	Yoga w/ Lindsay 10:15-11:00 am			
			Health Fitness for Seniors w/ Lindsay 11:00-11:45 am	Health Fitness for Seniors w/ Carmen 11:00-11:45 am	Health Fitness for Seniors w/ Haley 11:00-11:45 am	
	Athletic Conditioning w/ Andrea D. 12:15-1:00pm	Athletic Conditioning w/ Andrea D. 12:15-1:00pm	Athletic Conditioning w/ Laura 12:15-1:00pm	Athletic Conditioning w/ Carmen 12:15-1:00pm	Restorative Stretch w/ Haley 12:15-1:00pm	
		Tabatha Strength w/ Haley 4:30-5:30pm	Athletic Conditioning w/ Haley 4:30-5:15pm	Tabatha Strength w/ Megan 4:30-5:30pm		
		Restorative Stretch w/ Haley 5:30-5:55pm	Restorative Stretch w/ Haley 5:30-6:00pm			
	Danve2Fit w/ Marcy 6:30-7:30pm	ZUMBA w/ Deborah 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