

GROUP EXERCISE SCHEDULE

GAHANNA YMCA

MINI SESSION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM		Cycle		Boot Camp			
6:00 AM	Cycle	5:45 - 6:40 am	Cycle	5:45 - 6:40 am	Cycle		Session Dates: Aug. 2 - Sept. 5
6:30 AM	6:00 - 6:55 am		6:00 - 6:55 am		6:00 - 6:55 am		
7:00 AM							
7:30 AM						Rep Reebok	
8:00 AM		Step	Latino Fusion	Step	Circuit Training	7:15 - 8:15 am	
8:30 AM		8:00 - 8:55 am	8:00 - 8:55 am	8:00 - 8:55 am	8:00 - 8:55 am	Cycle	
9:00 AM	Strength & Tone	Strength & Tone	Boot Camp	Flex & Stretch	Exercise Fusion	8:30 - 9:25 am	
9:30 AM	9:00 - 9:55 m	9:00 - 9:55 am	9:00 - 9:55 am	9:00 - 9:55 am	9:00 - 9:55 am	Strength & Tone	
10:00 AM	Exercise Fusion	PiYo	Cycle	Boot Camp	Pilates	9:30 - 10:25 am	
10:30 AM	10:00 - 10:55 am	10:00 - 10:55 am	10:00 - 10:55 am	10:00 - 10:55 am	10:00 - 10:55 am	On The Ball	
11:00 AM	Pilates	Gentle Yoga (\$)	Circuit Training		Cycle	10:30 - 11:25 am	
11:30 AM	11:00 - 11:55 am	11:00 - 11:55 am	11:00 - 11:55 am		11:00 - 11:55 am		
		Flex & Stretch: 6:30 - 7:25 pm					
				PiYo : 6:30-7:25 pm			
4:00 PM							Advanced Double Ste
4:30 PM	Cycle	Exercise Fusion					4:00 - 4:55pm
5:00 PM	4:30 - 5:25 pm	4:30 - 5:25 pm					
5:30 PM	Circuit Training	Step & Strength	Sport Conditioning	Boot Camp			
6:00 PM	5:30 - 6:25 pm	5:30 - 6:25 pm	5:30 - 6:25 pm	5:30 - 6:25 pm			
6:30 PM	T.A.G	Strength & Tone	Cardio Kickboxing	Strength & Tone			
7:00 PM	6:30 - 7:25 pm	6:30 - 7:25 pm	6:30 - 7:25 pm	6:30 - 7:25 pm			
7:30 PM	Cardio Kickboxing	Double Step	Cycle	Cyle			
8:00 PM	7:30 - 8:25 pm	7:30 - 8:30 pm	7:30 - 8:25 pm	8:30 - 8:25 pm			
8:30 PM							
9:00 PM							
Youth under the age of 16 must complete Iron Teens to participate in Group Exercise Classes						Schedule Subject to Change	

No Aerobics Classes 8/21-8/29 due to floor maintenance.



Circuit Training : Cross training class that alternates between cardio & muscle conditioning stations & exercises.

Flex & Stretch : Stretch the body from head to toe with this flexibility class.

Cycle : Come ready for ride of your life! This class has it all : hills, sprints, intervals & more. Come ready to sweat & have a good time!

Exercise Fusion : Taking traditional Strength & Tone classes up a notch to elevate the heart rate.

Gentle Yoga : Taking concepts of traditional yoga and creating a workout that is gentle on the body. Class uses chairs and props to aid in workoi

Strength & Tone : Strengthen & tone entire body using various equipment.

PiYo : Class that combines movements from Pilates & Yoga.

Yoga : Strengthen & Stretch the body through traditional yoga moves.

8/2/2010

CA Mission: To serve the whole community through programs expressing Judeo-Christian principles that build healthy spirit, mind and