

GROUP EXERCISE SCHEDULE

GAHANNA YMCA

WINTER I SESSION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM		Cycle		Boot Camp			Session Dates: Jan. 4 - Feb. 21 Flex Stretch, Cycle, Pilates, Yoga, Tai Chi & PiYo held in A/B Room
6:00 AM	Cycle	5:45 - 6:40 am	Cycle	5:45 - 6:40 am	Cycle		
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						7:30 - 8:25 am	
8:30 AM	Strength & Tone	Step	Latino Fusion	Step	Circuit Training	Instructor's Choice	
9:00 AM	8:30 - 9:25 am	8:30 - 9:25 am	8:30 - 9:25 am	8:30 - 9:25 am	8:30 - 9:25 am	8:30 - 9:25 am	
9:30 AM	Exercise Fusion	Strength & Tone	Boot Camp	Kickbox Fusion	Exercise Fusion	Strength & Tone	
10:00 AM	9:30 - 10:25 am	9:30 - 10:25 am	9:30 - 10:25 am	9:30 - 10:15 am	9:30 - 8:30 am	9:30 - 10:25 am	
10:30 AM	Functional Fitness		Functional Fitness	Boot Camp		On The Ball	
11:00 AM	10:30 - 11:25 am		10:30 - 11:25 am	10:30-11:25 am		10:30 - 11:25 am	
11:30 AM		Cycle : 8:30-9:25 am PiYo:9:30-10:25 am			Pilates9:30-10:25 am Cycle:10:30-11:25am		
	Yoga(\$):8:30-9:25 am Pilates:9:30-10:25 am	GentleYoga(\$): 10:30-11:25am	Pilates:8:30-9:25 am Cycle 9:30-10:25 am Cycle : 5:00-5:55 pm Cycle:7:30-8:25 pm	Flex-Stretch:9:30-10:25am Tai Chi(\$):10:30-11:25am Cycle : 5:00-5:55 pm Pilates : 6:00-6:55 pm Cycle : 7:30-8:25 pm			
		PiYo : 6:00 - 6:55 pm Yoga(\$):7:00-6:55pm				Cycle : 7:30-8:25 am Yoga(\$):9:00-9:55 am Cycle:10:30-11:25am	
4:00 PM							Yoga (\$)
4:30 PM	Cycle	Exercise Fusion	Strength & Tone	PiYo			4:00 - 4:55pm
5:00 PM	4:30 - 5:25 pm	4:30 - 5:25 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	Strenght & Tone	Double Step	Strength & Tone			
7:00 PM	6:30 - 7:25 pm	6:30 - 7:25 pm	6:30 - 7:35 pm	6:30 - 7:25 pm			
7:30 PM	Cardio Kickboxing	Dance Fusion	Cardio Kickboxing				
8:00 PM	7:30 - 8:25 pm	7:30 - 8:30 pm	7:30 - 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



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

Instructor's Choice : Come prepared for anything! Different Instructor each week with a fun class prepared.

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.

Functional Fitness : Strength class that emphasizes proper form and technique.

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.



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

Financial Assistance Available