

YMCA WELLNESS CENTER

JANUARY

HOURS:

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

7:30 am - 6:00 pm Sat

1:00 pm - 6:00 pm Sun

CHILD WATCH

8:15-12:00 am Mon- Fri

9:00-12:00 am Sat

3:55-7:30 pm Mon- Thurs

3:55-6:00 pm Friday

*****NEWS*****

We will be **CLOSED** on
January 1st.

Tuesday 6:30-7:15 spin
class will now be taught by
Randy Deas

L – Level
C – Choreography

L1 – Beginner
L2 – Intermediate
L3 – Advanced

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

Shaded
Classes
Have Child
Watch
Available


Spinning

Tues – 5:45am - 6:30am W/ Trish
8:15am - 9:15am W/ Kim
6:30pm – 7:15pm W/ Randy

Thurs- 5:45am – 6:30am W/ Trish
8:15am - 9:15am W/ Kim
6:30pm – 7:15pm W/ Jim

Fri - 5:00am - 5:45am W/ Trish

Sat - 8:30am – 9:15am W/ Trish

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Step/Sculpt Crystie L1-3 6:00-6:45am	SPIN w/Trish 5:45-6:30am	Step/Sculpt Crystie L1-3 6:00-6:45am	SPIN w/Trish 5:45-6:30am	SPIN w/Trish 5:00-5:45am	
Step/Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	SPIN w/Kim 8:15-9:15am	Step/Sculpt w/Trish L 2-3 C1-2 8:15-9:15am	SPIN w/Kim 8:15-9:00am	Step/Sculpt Sherrie L1-3 6:00-6:45am	SPIN w/Trish 8:30-9:15am
Fit over 50! W/ Sylvia L1-2 CO 9:15-10:15am	Int/Adv Step W/Paige L2-3 C2-3 9:30-10:30am	Fit over 50! W/Debbie L1-2 CO 9:15-10:15am	Int/Adv. Step/Abs W/Paige L2-3 C2 9:30-10:15	Sculpt/Core w/Mickey L1-3 8:15-9:15am	Step w/ Sue C3 9:30-10:30am
Step/Sculpt w/Ana 10:30-11:30am	Yoga w/ Barbara 10:30-11:30am	Fit Kids W/Colleen Age 3-5 11:30-12:00	Body Sculpt w/Paige L1-2 CO 10:15-10:45am	Sculpt & Sweat W/Jo D 9:30-10:30	Zumba w/ Katie 10:45-11:45am
Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm	Beginner Yoga w/ Arlene 12:00 – 1:00	Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm	Gentle Yoga w/ Arlene 11:00-12:00	Step/Sculpt w/ Colleen 10:45-11:45am	SUNDAY Sculpt/ Sweat w/ Elaine LI-3 CO 2:00-3:00
Sculpt & Sweat w/Sherrie L2-3 CO 4:10-5:10pm		Sculpt & Sweat w/ Sherrie L2-3 CO 4:10-5:10pm	Step Interval w/Melissa L2-3 C2 4:00-5:00pm	Sit to be Fit w/ Sylvia LI CO 2:15-3:15pm	
Step w/ Melissa L2-3 CI-2 5:15 - 6:15 pm	Step Interval w/ Crystie LI-3 CI-2 5:15 - 6:15 pm	Step w/ Crystie 5:15 - 6:15 pm	Core Conditioning W/ Sherrie 5:00-5:30pm	Sculpt & Sweat w/Sherrie L2-3 CO 3:45-4:45pm	
Power Sculpt w/ Sue L 1-3 CO 6:30-7:30pm	SPIN w/ Randy 6:30-7:15pm	Hi-Lo Sculpt W/Mickey L1-3 CO 6:30 – 7:30pm	Zumba w/ Katie 5:30 – 6:15pm	30/30 Sculpt w/ Mickey 5:15-6:15pm	
Sculpt & Sweat w/ Mickey LI-3 CO 7:30-8:30pm	Sculpt & Sweat w/ Elaine LI-3 CO 7:30-8:30pm		SPIN w/ Jim 6:30-7:15pm		www.upymca.org 
			Sculpt & Sweat w/ Elaine LI-3 CO 7:30-8:30pm		