

ACTIVATE HEALTHY LIVING



Group Exercise Schedule April 1 – April 30

› Join a group exercise class today **FREE** with your YMCA of North Central WV, Inc. membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX 7:30a-8:45a Bill				Intro Karate 9:30a- 10:15a Bill
	*Water Aerobics 8:30a-9:30a Sue/Andrea	*Deep Water Aerobics 8:30a-9:30a Connie	*Water Aerobic 8:30a-9:30a Sue/Andrea	*Deep Water Aerobics 8:30a-9:30a Connie	Intermediate Karate 9:30-11:00a Bill
Tai Chi 9a-11a Carol	Gentle Yoga 9a-10a Laura	Tai Chi 9a-11a Carol	Gentle Yoga 9a-10a Laura	Tai Chi 9a-11a Carol	
				Spiritual Serenity Yoga 11:15p-12:15p Holley	Pound Unplugged 11-12 p.m. Holley
Soul Circle Chair Yoga 1p-2p Holley		Silver Sneakers 1p-2p Holley		Silver Sneakers Boom Move 1:00p-2:00p Holley	
Tumbling Preschool 5p-6p Tina	Tumbling Beginner 5p-6p Tina		Special Olympics 5p-6p		
Muscles & Mascara 6p-7p Holley	Raise the Bar 6p-7p Holley	Gentle Yoga 6:15p-7:15p Laura/Judy	Raise the Bar 6p-7p Holley		

Class schedule is subject to change.

*Classes are in the pool, included with membership

Grey Highlight: not included in membership/group classes but uses the aerobics room.