

ACTIVATE HEALTHY LIVING

Group Exercise Schedule October 24-December 3, 2016



› Join a group exercise class today FREE with your Harrison County YMCA membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Burn 8-9 a.m. Shari	Cardio HIIT 8:15-9:15 a.m. Robin	Total Body Burn Outdoors 8-9 a.m. Shari	Cardio HIIT 8:15-9:15 a.m. Robin	Total Body Burn 8-9 a.m. Shari	TRX 8-8:45 a.m. Bill
Tai Chi 9-10 a.m. Mark		Tai Chi 9-10 a.m. Mark		Tai Chi 9-10 a.m. Mark	
Silver Sneakers 10-11 a.m. Janelle		Silver Sneakers 10-11 a.m. Janelle		Silver Sneakers 10-11 a.m. Janelle	Tai Chi 10:30-11:30 a.m. Mark
	Zumba 11- Noon Nancy		Zumba 11-Noon Nancy		
	Urban Bootcamp® 5:15-6 p.m. Stacie		Butts & Guts 5:30-6 p.m. Robert		
Power Yoga 6-7 p.m. Shari	Step & Muscle Challenge 6-7 p.m. Robert		Step & Muscle Challenge 6-7 p.m. Robert		
Zumba 7-8 p.m. Stacie					

NEW CLASSES IN BOLD

Off Site Classes *DI=Days Inn **SC=Senior Center

Tai Chi - DI 6-7 p.m. Sandra	Yoga Flow-DI 8-9 a.m. Shari	Tai Chi-DI 6-7 p.m. Sandra			
Yoga-DI 7-8 p.m. Sandra	Tai Chi-SC 10-11 a.m. Mark/Carol	Yoga-DI 7-8 p.m. Sandra	Tai Chi-SC 10-11 a.m. Mark/Carol		

Class schedule is subject to change.

› For questions or more information about group exercise classes, please call 304.623.3303.