

ACTIVATE HEALTHY LIVING

Group Exercise Schedule January 23 - March 4



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio HIIT 8:15-9:15 a.m. Robin	Cardio HIIT 8-9 a. m. Robin	Cardio HIIT 8:15-9:15 a.m. Robin	Cardio HIIT 8:15-9:00 a.m. Ashley	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 10:15-11:15 a.m. Janelle		Silver Sneakers 10:15-11:15 a.m. Janelle		Silver Sneakers 10:15-11:15 a.m. Janelle	
	Zumba 11- Noon Nancy	Gentle Yoga 11:15-12:15 p.m. Melanie	Zumba 11-Noon Nancy	Gentle Yoga 11:15-12:15 p.m. Melanie	
Indoor Cycling 5-6 p.m. Wendy	Strong By Zumba 5-6 p.m. Alex		Butts & Guts 5:30-6:00 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 at the Days Inn

Tai Chi 5:45-6:45 p.m. Sandra	Yoga Flow 8-9 a.m. Shari	Tai Chi 5:45-6:45 p.m. Sandra			
Yoga 7-8 p.m. Sandra	Tai Chi-SC 10-11 a.m. Mark/Carol	Yoga 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.

