

# ACTIVATE HEALTHY LIVING

Group Exercise Schedule September 6 - September 30



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio HIIT</b> 8:10-9:00 a.m. Ashley	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	<b>Power Cardio</b> 8-8:45 a.m. Ashley	TRX 8-8:45 a.m. Bill (Starts 9/16)
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		Zumba 11-Noon Nancy		
Power Yoga 6-7 p.m. Shari	Step n Muscle 6-7 p.m. Robert	Cycle 6-7 p.m. Alex	Step n Muscle 6-7 p.m. Robert		
Zumba 7-8 p.m. Stacie					

**NEW CLASSES IN BOLD**

Off Site Classes at the Days Inn

	<b>Tai Chi-SC *</b> 10-11 a.m. Mark/Carol		<b>Tai Chi-SC *</b> 10-11 a.m. Mark/Carol		
Yoga 7-8 p.m. Sandra		Yoga 7-8 p.m. Sandra			

Class schedule is subject to change.

\*Must meet Senior Center age limit.

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

