

# ACTIVATE HEALTHY LIVING



Group Exercise Schedule July 1 – July 31

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tabata</b> 8-8:30 a.m. Stacie		<b>Tabata</b> 8-8:30 a.m. Stacie		<b>Tabata</b> 8-8:30 a.m. Stacie	TRX 8-8:45 a.m. Bill
Tai Chi 9-10 a.m. Mark	<b>Gentle Yoga</b> 9-10 a.m. Laura	Tai Chi 9-10 a.m. Mark	<b>Gentle Yoga</b> 9-10 a.m. Laura	Tai Chi 9-10 a.m. Mark	
SilverSneakers 10:15-11:15 a.m. Janelle	SilverSneakers 10-11 a.m. Alex W.	SilverSneakers 10:15-11:15 a.m. Janelle	SilverSneakers 10-11 a.m. Alex W.	SilverSneakers 10:15-11:15 a.m. Janelle	
	Zumba 11- Noon Nancy		Zumba 11- Noon Nancy		
	<b>Therapeutic Yoga</b> 12-1pm Laura				
Cycle 5-6 p.m. Alex D.			Cycle 5-6 p.m. Alex D.	Intro Karate 5:30- 6:15p.m. Bill	
Power Yoga 6-7 p.m. Shari	<b>Strong By Zumba</b> 6-7 p.m. Alex W.		<b>Strong By Zumba</b> 6-7 p.m. Alex W.	Intermediate Karate 6:15-7:30 p.m. Bill	
Zumba 7-8 p.m. Stacie			Fencing 7-9 p.m. Michael		

## NEW CLASSES IN BOLD

Off Site Classes at the Days Inn (DI) and Senior Center (SC)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Tai Chi-SC *</b> 10-11 a.m. Mark/Carol		<b>Tai Chi-SC *</b> 10-11 a.m. Mark/Carol		
<b>Yoga-DI</b> 7-8 p.m. Sandra		<b>Yoga-DI</b> 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.

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