

ACTIVATE HEALTHY LIVING



Group Exercise Schedule October 1 – October 31

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tabata 8-8:30 a.m. Stacie		Tabata 8-8:30 a.m. Stacie		Tabata 8-8:30 a.m. Stacie	TRX 8-8:45 a.m. Bill
Tai Chi 9-10 a.m. Mark	Gentle Yoga 9-10 a.m. Laura	Tai Chi 9-10 a.m. Mark	Gentle Yoga 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 Stacie		Zumba 11- Noon Stacie		
	Therapeutic Yoga 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	Strong By Zumba 6-7 p.m. Alex W.		Strong By Zumba 6-7 p.m. Alex W.	Intermediate Karate 6:15-7:30 p.m. Bill	
			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
	Tai Chi-SC * 10-11 a.m. Mark/Carol		Tai Chi-SC * 10-11 a.m. Mark/Carol		
Yoga-DI 7-8 p.m. Sandra		Yoga-DI 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.