

ACTIVATE HEALTHY LIVING



Group Exercise Schedule September 1 – September 30

› 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. Kelly		SilverSneakers 10:15-11:15 a.m. Kelly		SilverSneakers 10:15-11:15 a.m. Kelly	
Refit 11:15-12:15 Debbie (Starts 9/16)	Zumba 11- Noon Stacie	Refit 11:15-12:15 Debbie (Starts 9/18)	Zumba 11- Noon Stacie		
Cycle 5-6 p.m. Alex D.	Kids Yoga 5-6p.m Debbie J.	Pound 5-6 p.m. Holly (Starts 9/18)	Cycle 5-6 p.m. Alex D.	Intro Karate 5:30- 6:15p.m. Bill	
Power Yoga 6-7 p.m. Shari				Intermediate Karate 6:15-7:30 p.m. Bill	

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.