

# ACTIVATE HEALTHY LIVING



Group Exercise Schedule February 1 – February 29

› **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	TRX 8-8:45 a.m. Bill	Tabata 8-8:30 a.m. Stacie		Tabata 8-8:30 a.m. Stacie	
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 10:15-11:15 a.m. Janelle		SilverSneakers 10:15-11:15 a.m. Janelle	
<b>Refit</b> 11:15-12:15 Debbie	Zumba 11- Noon Stacie	<b>Refit</b> 11:15-12:15 Debbie	Zumba 11- Noon Stacie		<b>Pound</b> 11-12 p.m. Holly
Cycle 5-6 p.m. Alex D.	<b>Partner Group Fitness</b> 5-6 p.m.	<b>Pound</b> 5-6 p.m. Holly	Cycle 5-6 p.m. Alex D.	Intro Karate 5:30- 6:15p.m. Bill	
Power Yoga 6-7 p.m. Shari		<b>Special Olympics</b> 6-7:30 p.m.	<b>General Body Strengthening</b> 6-7 p.m.	Intermediate Karate 6:15-7:30 p.m. Bill	
			Fencing 7-8:30pm Mike		

## NEW CLASSES IN BOLD

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

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