



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING 2019

GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Power Plus (SG) 5:30 – 6:20 a.m.	Cardio & Core (SG) 5:30-6:20a.m. Spinning (WS) 6:00 – 6:50 a.m.	Power Plus (SG) 5:30 – 6:20 a.m.	Cardio & Core (SG) 5:30-6:20 a.m. Spinning (WS) 6:00 – 6:50 a.m.	Power Plus (SG) 5:30-6:20 a.m.	
Aqua Aerobics (PL) 8:15 – 9 a.m. Morning Son Yoga (SMB) 8:30 – 9:20 a.m.	Spinning (WS) 8:30 – 9:20 a.m. Boot Camp (SG) 8:30 – 9:20 a.m.	Aqua Aerobics (PL) 8:15 – 9 a.m. Morning Son Yoga (SMB) 8:30 – 9:20a.m.	Spinning (WS) 8:30 – 9:20 a.m. Boot Camp (SG) 8:30 – 9:20 a.m.	Aqua Aerobics (PL) 8:15 – 9 a.m. Boot Camp (SG) 8:30-9:20a.m.	Dance Blast (SG) 8:30-9:20a.m. Yogalates(SMB) 9:30-10:20a.m.
Power Flow (SG) 8:45-9:35 a.m. Dance Blast (SG) 9:45-10:15a.m.	Revive Fitness(SG) 9:30 – 10:20 a.m. Forever Fit (SMB) 9:30 – 10:20 a.m.	Power Flow (SG) 8:45-9:35 a.m. Dance Blast (SG) 9:45-10:15a.m.	Revive Fitness (SG) 9:30 – 10:20 a.m. Forever Fit (SMB) 9:30 – 10:20 a.m.	Cardio Drumming (NG) 9:00 – 9:30 a.m. Yogalates (NG) 9:30-10:00a.m.	
Aqua Senior Social (PL)* 11:00 – 11:45 a.m. Deep Water Power Walking (PL)* 11:00 – 11:45 a.m.	Aqua Aerobics (PL) 10:45 – 11:30 a.m.	Aqua Senior Social (PL)* 11:00 – 11:45 a.m. Deep Water Power Walking (PL)* 11:00 – 11:45 a.m.	Aqua Aerobics (PL) 10:45 – 11:30 a.m.	Aqua Senior Social (PL)* 11:00 – 11:45 a.m. Deep Water Power Walking (PL)* 11:00- 11:45 a.m.	
Cardio Drumming (SG) 5:30 – 6:20 p.m.	Power Plus (SG) 5:30 – 6:20 p.m. Spinning (WS) 5:30 – 6:00 p.m.	Cardio Drumming (SG) 5:30 – 6:20 p.m.	Power Plus(SG) 5:30 – 6:20 p.m. Spinning (WS) 5:30 – 6:00 p.m.		
Spinning (WS) 6:00 – 6:50 p.m. Tai Chi(Beg./Adv(PS) 6:00 – 7:20 p.m. Basic Step & Strength (SG) 6:30- 7:20 p.m.	Yoga (SMB) 6 :00- 6:50 p.m. Dance Blast (SG) 6:30 – 7:20 p.m. Water Dance 8:45-9:15 p.m.(PL)	Spinning (WS) 6:00 – 6:50 p.m. Tai Chi (Beg./Adv.(PS) 6:00- 7:20 p.m. Basic Step & Strength (SG) 6:30 – 7:20 p.m.	Yoga (SMB) 6:00 – 6:50 p.m. Dance Blast (SG) 6:30 – 7:20 p.m. Water Dance 8:45-9:15 p.m.(PL)	Zumba Step (SG) 6:00 – 6:50 p.m.	
Ultimate Fitness Challenge. (SG) 7:30 – 8:20p.m		Ultimate Fitness Challenge. (SG) 7:30 – 8:20p.m			

NG=North Gym PL=POOL PS=Preschool Child Care SMB=Spirit, Mind, Body Studio
SG=Schauer Gym ES=East Studio WS=Wellness Studio FTR=Functional Training Room

Winter 2019

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