



CLC YMCA GROUP EXERCISE & FITNESS CLASSES (\$)

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-5:45am KETTLEBELLS w/ MARY		5:00-5:45am KETTLEBELLS w/ MARY		5:00-5:45am KETTLEBELLS w/ MARY	
	6:00-6:45am TOTAL BODY CHALLENGE w/ BECKY	6:00-7:00am SLOW FLOW w/ MARY	6:00-6:45am TOTAL BODY CHALLENGE w/ BECKY			
CLOSED ON SUNDAYS			7:00-8:00am HATHA YOGA w/ OLIVER			
		8:00-9:00am PILATES w/ CYNTHIA	8:00-9:00am HATHA YOGA w/ OLIVER	8:00-9:00am PILATES w/ CYNTHIA		8:00-8:45am CYCLING w/ KRISTIE
	8:00-9:00am LIVING FIT w/ ROBIN Gymnasium		8:00-9:00am LIVING FIT w/ ROBIN Gymnasium		8:00-9:00am LIVING FIT w/ ROBIN Gymnasium	9:00-10:00am TOTAL BODY CHALLENGE w/ BECKY
	10:15-11:00am CYCLING & CORE w/ CASEY	9:15-10:15am CYCLING w/ CYNTHIA	9:15-10:00am STRENGTH & CORE w/ OLIVER	9:15-10:15am CYCLING w/ CYNTHIA		10:00-10:30am INTRO TO BOXING w/ TERESA (\$)
	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	10:30-11:30am STRENGTH TRAINING w/ CYNTHIA	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	10:30-11:30am STRENGTH TRAINING w/ CYNTHIA	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	
		10:30-11:30am WALK WITH EASE (\$) Meets on the Track		10:30-11:30am WALK WITH EASE (\$) Meets on the Track		
		11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)	11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)		11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)	
PM CLASSES						
	4:30-5:30pm PiYo w/ TANYA (July Only)	12:00-1:00pm CARDIO TENNIS w/ GEORGIA	5:00-5:45pm BOXING & STRENGTH w/ TERESA (\$)	3:45-4:45pm HATHA YOGA w/ OLIVER		
	5:00-5:45pm BOXING & STRENGTH w/ TERESA (\$)	5:00-5:30pm SPRINT CYCLE w/ Kristie	5:00-6:00pm HATHA YOGA w/ OLIVER	5:00-6:00pm CALISTHENICS w/ OLIVER Boxing Studio		
		5:45-6:45pm TOTAL BODY CHALLENGE w/ HANNAH	5:30-6:30pm CARDIO TENNIS w/ GEORGIA	5:00-6:00pm TABATA STRENGTH w/ MELISSA	MY Y TIME M-F 8:30-10:30am \$5/hour/child up to 2 hours (see the Welcome Center to sign up)	
			6:00-7:00pm POWER FLOW w/ OLIVER			

***ALL CLASSES ARE IN THE FITNESS STUDIO UNLESS NOTED ON SCHEDULE!**
PLEASE REGISTER FOR CLASSES AT THE WELCOME CENTER OR ONLINE AT www.clcymca.org

Group Exercise Classes are
 FREE for Members
 NM & Nationwide: \$10/class

WALK WITH EASE: \$15/month
 ENHANCE FITNESS: \$30/month
PAID CLASSES (\$):
 FM/M: \$50/month NM: \$100/month
 DROP IN: \$15/class