GROUP FITNESS SCHEDULE CHRISTOWN YMCA JANUARY 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday	Sunday
5:30-6:30AM	Strength Train Together		Strength Train Together		Strength Train Together			
6:00-6:30AM		Core Focus Together (30 minutes)		Core Focus Together (30 minutes)		9:00-9:35AM	Cardio Express	
6:45-7:45AM	Rise 'N Grind					9:40-10:10AM	Core Focus Together (30 minutes)	
7:15-8:15AM		Total Body Conditioning		Total Body Conditioning		10:30 - 11:30AM	Active Together	
8:00-8:45AM	Silver Sneakers Circuit		Silver Sneakers Circuit		Silver Sneakers Circuit			
8:00-10:00AM	Tai Chi Practice (gymnasium)	Tai Chi Cane (gymnasium)	Tai Chi practice (gymnasium)	Tai Chi (gymnasium)	Tai Chi practice (gymnasium)	1:00-2:00PM		Yoga
9:00-10:00AM	Active Together	Defend Together	Zumba	Defend Together	Yoga Foundations	2:05-3:05PM		Tai Chi
10:15-11:15AM	Balance & Flex Together	55 + Alive	Core Focus Together (30 minutes)	55 + Alive	Strength Train Together			
11:25-12:25AM	Silver Sneakers Classic		Silver Sneakers Classic 10:55-11:55		Silver Sneakers Cardio Fit			
12:00-1:00PM		Strength Train Together						
1:30-3:30PM				Advanced Tai Chi (1:30-3:30)				
4:20 - 5:20PM	Zumba	Slow Flow Yoga						
5:30-6:30PM	Power Flow Yoga	Strength Train Together	Active Together	Balance & Flex Together	Strength Train Together			
6:40PM-7:40PM	Core Focus Together (30 minutes)	Cardio Fit Workout	Stretch & Tone	Core Focus-1st & 3rd-Tabata- 2nd & 4th				
7:45PM-8:45PM	Stretch & Tone							
MULTIPURPOSE ROOM								
6:30AM-7:30AM								
						9:00-10:15AM	Kundalini Yoga	
6:00PM-8:00PM						10:30-11:30AM		
6:30-7:30PM				Kundalini Yoga room D-129				

HOURS

BUILDING HOURS

Monday - Thursday
5:00AM - 9:00PM

Friday
5:00AM - 7:00PM

Saturday
7:30AM - 5:00PM

Sunday
12:00PM - 4:00PM

AMAZING KIDS CENTER

Monday -Thursday
8:00AM- 12:00PM
4:00PM - 8:00PM

Friday
8:00AM - 12:00PM
4:00PM-7:00PM

Saturday
8:00AM - 12:00PM

Sunday: CLOSED