



# GROUP FITNESS SCHEDULE

Yuma Family YMCA

1917 W 32nd St Suite 2 - 928-317-0522 - www.yumaymca.org

FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday	HOURS
5:30 - 6:30AM	PIYo	P90X	INSANITY	P90X				<b>BUILDING HOURS</b> <b>Monday - Thursday</b> 5:00AM - 10:00PM <b>Friday</b> 5:00AM - 8:00PM <b>Saturday</b> 8:00AM - 4:00PM <b>Sunday</b> 9:00AM - 2:00PM
7:00 - 8:00AM	SILVER SNEAKERS CLASSIC 7:15 - 8:00AM	TAI CHI 7:15 - 8:45AM	SILVER SNEAKERS CLASSIC 7:15 - 8:00AM	TAI CHI 7:15 - 8:45AM		8:00 - 9:00AM	TAI CHI 8:15 - 10:00AM	
8:00 - 9:00AM	ZUMBA GOLD 8:00 - 8:45AM		ZUMBA GOLD 8:00 - 8:45AM					
9:00 - 10:00AM	ZUMBA	H.I.I.T.	ZUMBA TONING	POUND	ZUMBA TONING	10:00 - 11:00AM	ROTATING CLASSES : 1/5- NO CLASS 1/12- ZUMBA TONING 1/19 - BAR 1/26- KICKBOXING	
10:00 - 11:00AM	SILVER SNEAKERS CIRCUIT 10:30 - 11:15AM	ZUMBA 10:15 - 11:15AM	SILVER SNEAKERS CIRCUIT 10:30 - 11:15AM	ZUMBA 10:00 - 11:00AM	SILVER SNEAKERS CIRCUIT 10:30 - 11:15AM			
11:00 - 12:00PM	SILVER SNEAKERS CLASSIC 11:30 - 12:15PM	SILVER SNEAKERS CLASSIC 11:30 - 12:15PM	SILVER SNEAKERS CLASSIC 11:30 - 12:15PM	SILVER SNEAKERS CLASSIC 11:30 - 12:15PM	SILVER SNEAKERS CLASSIC 11:30 - 12:15PM			
4:30 - 5:30PM						11:15 - 12:30PM	LIL SHOTS*	
5:00 - 6:00PM	STRENGTH TRAIN TOGETHER 5:45 - 6:45PM	HI-LO INTENSE 5:30 - 6:30PM	STRENGTH TRAIN TOGETHER 5:45 - 6:45PM	H.I.I.T. 5:45 - 6:45PM	ZUMBA 5:30 - 6:30PM			
6:00 - 8:00PM		ZUMBA 7:00 - 8:00PM	SALSA 7:00 - 8:00PM		KENPO KARATE * 6:30 - 7:30PM			
<b>Multi Purpose Room</b>								
9:00 - 10:00AM	GENTLE YOGA						TUMBLE 2*	<b>AMAZING KIDS</b> <b>Monday-Friday</b> 8:00AM - 12:00PM 3:30PM-8:00PM <b>Saturday</b> 9:00AM - 12:00PM <b>Sunday</b> 9:00AM - 12:00PM
10:00 - 11:00AM			AGILITY & TONING		AGILITY & TONING		TUMBLE 1*	
11:00 - 12:00PM							GIUITAR* 11:00 - 1:00pm	
4:00 - 5:00PM								
5:30 - 6:30PM		PIYo		PIYo				
6:00 - 8:00PM	BALANCE & FLEX TOGETHER 7:00 - 8:00PM	SHORINJI KEMPO* 6:30 - 7:30PM	ET6 DEFENSE* 6:30 - 7:30PM	SHORINJI KEMPO* 6:30 - 7:30PM	BALANCE & FLEX TOGETHER 7:00 - 8:00PM			
<b>Cycle Room</b>								
5:30 - 6:30AM	CYCLE	CYCLE 5:15 - 6:00AM	CYCLE	CYCLE 5:15 - 6:00AM	CYCLE			<b>THE CLUB</b> <b>Monday-Friday</b> 5:00PM-8:00PM <b>Saturday</b> 9:00AM - 12:00PM <b>Sunday</b> Closed
9:00 - 10:00AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	9:00 - 10:00AM	CYCLE	
12:00 - 1:00PM								
5:00 - 7:00PM	CYCLE IN SPANISH 5:30 - 6:30PM	CYCLE 6:00 - 7:00PM	CYCLE IN SPANISH 5:30 - 6:30PM	CYCLE 6:00 - 7:00PM				
<b>Jump Start</b>								
9:00 - 9:45AM		JUMP START	SILVER START		SILVER START			*Indicates a fee based class - Register at the Welcome Center  Ask about our New Member Personal Training Special!  Classes are subject to change without notice  Updated as of 1/17/2019
10:00 - 10:45AM	JUMP START		JUMP START	JUMP START				
6:00 - 7:00PM					JUMPSTART JR. 6:00 - 6:30PM			
<b>Stretch Room</b>								
9:00 - 10:00AM		BARRE ABOVE	MIXXED FIT 9:15-10:00am	BARRE ABOVE	MIXXED FIT			
10:00 - 11:00AM	BALLETONE 10:15 - 11:00	PILATES 10:15-11:00am	BALLETONE 10:15 - 11:00	STRENGTH & COND. 10:15 - 11:00am	GUT & GLUTE COND. 10:00 - 10:45AM		SHORT SPORTS* 11:15 - 12:15PM	
4:30 - 5:30PM								
5:30 - 6:30PM	ZUMBA		ZUMBA					
6:30 - 7:30PM								