



# GROUP FITNESS SCHEDULE

## YUMA FAMILY YMCA

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

FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday	HOURS
5:30 - 6:30AM	P90X / INSANITY	BODY STRENGTH 5:15-6:00AM	P90X / INSANITY	BODY STRENGTH 5:15-6:00AM				<b>BUILDING HOURS</b> Monday - Thursday 5:00AM - 10:00PM Friday 5:00AM - 8:00PM Saturday 8:00AM - 4:00PM Sunday 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	SILVER SNEAKERS CLASSIC 7:15 - 8:00AM	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 : 4/6- PILATES 4/13- POUND 4/20-CARDIO STRENGTH 4/27- 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			
4:15 - 5:15PM	GENERATION POUND*		STEP 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> Monday-Friday 8:00AM - 12:00PM 3:30PM-8:00PM Saturday 9:00AM - 12:00PM Sunday 9:00AM - 12:00PM
10:00 - 11:00AM			AGILITY & TONING	STRENGTH & COND. 10:15 - 11:00am	AGILITY & TONING		TUMBLE 1*	
11:00 - 12:00PM							GIUITAR* 11:00 - 1:00pm	
5:30 - 6:30PM		PiYo		PiYo			BELLY DANCING*	
6:00 - 8:00PM	BALANCE & FLEX TOGETHER 7:00 - 8:00PM	SHORINJI KEMPO* 6:30 - 7:30PM	ETG DEFENSE* 6:30 - 7:30PM	SHORINJI KEMPO* 6:30 - 7:30PM	BALANCE & FLEX TOGETHER 7:00 - 8:00PM			
<b>Cycle Room</b>								
5:15 - 6:15AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE			
9:00 - 10:00AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	9:00 - 10:00AM	CYCLE	
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			
10:00 - 10:45AM	JUMP START		JUMP START	JUMP START				
<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		BALLETONE 10:15 - 11:00		GUT & GLUTE COND. 10:00 - 10:45AM		SHORT SPORTS* 10:00 - 10:45PM	
5:30 - 6:30PM	ZUMBA		ZUMBA					
<b>TRX</b>								
9:00 - 9:45AM	TRX CONDITIONING			TRX CONDITIONING				

\*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



Please use the tablet to check in to class per YMCA policy. Thank you!