



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Class Schedule

Morning

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a							
7:00a							
8:00a	Chisel and Chat 8:00a-8:45a		Chisel and Chat 8:00a-8:45a		Chisel and Chat 8:00a-8:45a		
9:00a	Total Body Cond. 9:00a-10:00a *Aquacize 8:45a-9:45a	*Yoga 9:00a-9:45a Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:00a-10:00a *Aquacize 8:45a-9:45a	*Yoga 9:00a-9:45a Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:00a-10:00a *Aquacize 8:45a-9:45a	Strike Kickboxing 9:30a-10:15a	
10:00a	Silver Sneakers Chair Yoga 10:15a-11:15a	Silver Sneakers Classic 10:00a-10:45a	Silver Sneakers Chair Yoga 10:15a-11:15a	Silver Sneakers Classic 10:00a-10:45a	Stretch and Tone 10:15a-11:15a	*Aqua Zumba 10:00a-10:45a	
11:00a							

*Indicates classes with fees. Check program guide for associated fees.

Please call 419-673-6131 to ensure that class is running for the month. Class availability is based on registration numbers.

EVENING CLASSES ON BACK



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Fitness Class Schedule

Afternoon/Evening

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00p							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p	Body Works 5:00p-5:45p	HIIT 5:15p-6:00p	Body Works 5:00p-5:45p	Strike Kickboxing 5:15p-6:00p			
6:00p	*Group Cycle 6:00p-6:45p	Land Zumba 6:00p-6:45p	*Group Cycle 6:00p-6:45p	Land Zumba 6:00p-6:45p			
7:00p	*Yoga 7:00p-7:45p		*Yoga 7:00p-7:45p				
8:00p							
9:00p							