



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fitness Class Schedule

## Morning

June 19 - August 13

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun					
<b>6:00a</b>		Cardio Drumming 5:35a-6:15a		Cardio Drumming 5:35a-6:15a								
<b>7:00a</b>												
<b>8:00a</b>	Chisel and Chat 8:15a-9:00a		Chisel and Chat 8:15a-9:00a		Chisel and Chat 8:15a-9:00a	Strike Kickboxing 9:00a-9:45						
<b>9:00a</b>	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00a	Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a	Yoga 9:00a- 10:00a	Silver Sneakers Cardio 9:00-9:45a	Total Body Cond. 9:15a- 10:00a	*Aquacize 8:45a- 9:45a		
<b>10:00a</b>	Silver Sneakers Chair Yoga 10:00a-11:00a	Silver Sneakers Classic 10:00a-10:45a	Silver Sneakers Chair Yoga 10:00a-11:00a	Silver Sneakers Classic 10:00a-10:45a	Stretch and Tone 10:00a-11:00a							
<b>11:00a</b>												

\*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

June 19 - August 13

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:00p							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p	Body Works 5:00p-5:45p			Body Works 5:00p-5:45p	Strike Kickboxing 5:15p-6:00p		
6:00p	Group Cycle 6:00p- 6:45p	Zumba 6:00p- 6:45p	Cardio Drumming 6:15p-7:00p	Group Cycle 6:00p- 6:45p	Zumba 6:00p- 6:45p		
7:00p	Intro to Vinyasa Yoga 7:00p-8:00p			Power Yoga 7:00p-8:00p			
8:00p							
9:00p							