



WILSON-GRAY YMCA YOUTH & FAMILY CENTER

GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 241 9622 www.wilsongrayYMCA.org Spring 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	G.H.A.T 6:00-7:00AM	GROUP CYCLE 5:45-6:45AM SAM	POWER SCULPT 9:00-10:00AM DRE	GROUP CYCLE 6:00-7:00AM SAM	AM BODY BLAST 6:00-7:00AM DRE	POWER BOXING 9:00-10:00AM MILON	
	STREAMLINE SCULPT 9:00-10:00AM LAURA	ZUMBA 9:00-10:00AM SISTAH FLYY	ABS SOLVE 5:30-5:45PM AISSA	G.H.A.T 9:00-9:45AM LAURA	CARDIO PUMP 9:00-10:00AM DRE(Gymnasium)	ZUMBA 10:00-11:00AM KISHA	
	ABS SOLVE 10:00-10:15AM LAURA	POWER BOX 10:15-11:15AM MILON	ZUMBA 6:00-7:00PM KAY KAY	CARDIO TONE 10:00-10:45AM LAURA	ABS SOLVE 10:15-10:30AM DRE	MUSCLE TONING 11:15-12:00PM AISSA	
	ABS SOLVE 5:30-5:45PM DRE	SILVER SNEAKERS 11:15-12:00PM TONI	STREAMLINE SCULPT 7:00-8:00PM DANIELLE	SILVER SNEAKERS 11:00-11:45AM TONI	GROUP CYCLE 6:00-7:00PM SAM		
	POWER SCULPT 6:15-7:15PM DRE			ABS SOLVE 5:30-5:45PM DRE			
	YOGA 7:15-8:00PM Cecilia (CR)			ABS & Glutes 7:00-8:00PM DRE			

IMPORTANT INFORMATION

- No admittance into class 15 minutes after start time.
- Sign-up for all Group Cycle classes will begin 15 minutes before start time.