



WILSON-GRAY YMCA YOUTH & FAMILY CENTER

GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 241 9622 www.wilsongrayYMCA.org Fall 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	STEP INTERVAL/ H.I.I.T 9:00-10:00AM TONI	GROUP CYCLE 5:45-6:45AM SAM	GROUP CYCLE 9:00-10:00AM EMMA	GROUP CYCLE 5:45-6:45AM SAM	POWER SCULPT 9:00-10:00AM DRE	GROUP CYCLE 7:30-8:30AM EMMA	
	ABS SOLVE 10:00-10:15AM TONI	ZUMBA 9:00-10:00AM SISTAH FLYY	ZUMBA 6:00-7:00PM KAY KAY (Gymnasium)	G.H.A.T 9:00-9:45AM	ABS SOLVE 10:15-10:30AM DRE	BODY BLAST 9:00-9:45AM DANIELLE	
	ABS SOLVE 5:30-5:45PM DRE	ZUMBA TONING 10:15-11:15AM SISTAH FLYY	STREAMLINE SCULPT 7:00-8:00PM DANIELLE	SILVER SNEAKERS 11:00-11:45AM TONI	GROUP CYCLE 6:00-7:00PM SAM	ZUMBA 10:00-11:00AM KISHA	
	GROUP CYCLE 6:15-7:15 FANIA	SILVER SNEAKERS 11:30-12:15PM TONI		ZUMBA 6:00-7:00PM NEKA			
	YOGA 7:30-8:15PM Cecilia	POWER BOX 6:15-7:15PM MILON		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.