



WILSON-GRAY YMCA YOUTH & FAMILY CENTER

GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 241 9622

www.wilsongrayYMCA.org

Winter 2018

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

CLASS LEVELS

A = All levels

AD = Advanced