



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 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	POWER BOX 9:00-10:00AM MILON	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(Gymnasium)	GROUP CYCLE 7:30-8:30AM EMMA	
	ABS SOLVE 5:30-5:45PM DRE	ZUMBA 9:00-10:00AM SISTAH FLYY	STT 10:15-11:15AM RICK	G.H.A.T 9:00-9:45AM LAURA	ABS SOLVE 10:15-10:30AM DRE	ZUMBA 10:00-11:00AM KISHA	
	GROUP CYCLE 6:00-7:00PM FANIA	STT 10:15-11:15AM RICK	ZUMBA 6:00-7:00PM KAY KAY(Gymnasium)	SILVER SNEAKERS 11:00-11:45AM BETH	GROUP CYCLE 6:00-7:00PM SAM	POWER BOX 11:15-12:00PM MILON	
	YOGA 7:00-8:00PM CECILIA	SILVER SNEAKERS 11:30-12:15PM KEITH	STT 7:00-8:00PM DRE	ZUMBA 6:00-7:00PM NEKA(Gymnasium)			
		GROUP CYCLE 6:00-7:00PM FANIA		STT 7:00-8:00PM RICK			

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.
- STT- Strength Train Together

CLASS LEVELS

A = All levels
AD = Advanced