

# West Family YMCA Group Fitness Schedule



Updated: 12/11/2018						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>MORNING CLASSES</b>						
STRENGTH & CORE 5:30-6:30AM				STRENGTH & CORE 5:30-6:30AM		
	YOGA 6-6:45AM		YOGA 6-6:45AM	BEGINNER YOGA 7:00-7:45AM	BODYPUMP 7:45-8:45AM	
STRENGTH & CORE 8:05-8:50AM	SilverSneakers Classic 8:05-8:50AM	STRENGTH & CORE 8:05-8:50AM	SilverSneakers Classic 8:05-8:50AM	STRENGTH & CORE 8:05-8:50AM	ZUMBA 9-9:50AM <i>*starts 12/15</i>	
	YOGA 9-10AM		YOGA 9-10AM		<b>SUNDAY</b>	
SilverSneakers Classic 10:35-11:20AM			ZUMBA GOLD 10:15-11AM	SilverSneakers Classic 10:35-11:20AM	ZUMBA 2:00-3:00PM	
ZUMBA GOLD 11:20-12:05						
<b>EVENING CLASSES</b>						
	BOOTCAMP 5:45-6:30PM		BOOTCAMP 5:45-6:30PM			
ZUMBA 6:30-7:30PM		YOGA 6:40-7:40PM		CHILD WATCH HOURS M-F 8AM-12PM M-TH 4-8PM SAT 7:45-11AM SCHEDULE SUBJECT TO CHANGE		