

## CLINTON YMCA GROUP FITNESS SCHEDULE

Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 a.m.		5:15 Yoga (Kim S)		5:15 Yoga (Kim S.)		7:00 a.m. Cardio Mix (Kim S)
6:00		Cardio Mix (Kim S)		Cardio Mix (Kim S)		
8:15 a.m.	8:30 Small Group	Yoga (Kathy B)	8:30 Small Group	Yoga (Kathy B)	Yoga (Kathy B)	
9:30 a.m.	SilverSneakers® Cardio Classic (Shirley B)	SilverSneakers® Yoga (Kathy B)	SilverSneakers® Cardio Classic (Shirley B)	SilverSneakers® Yoga (Kathy B)	SilverSneakers® Cardio Classic (Shirley B)	
10:45 a.m.						Chen Style Tai Chi (Youyan)
12:00 to 12:30						
4:30 to 5:30 pm	RIP/Tape			RIP/Tape		
5:30 to 6:30 PM	Fierce Fitness (Ally P)	Hip Hop Aerobics (Keely Kerr) Starting Feb 1	30 Minute – High Intensity Workout (Luke)	Hip Hop Aerobics (Keely Kerr) Starting Feb 1		
6:00 to 7:30 PM	\$ Karate \$		\$ Karate \$			
6:30 p.m.	30 Minute – High Intensity Workout (Luke)		6:30-7:30 Fierce Fitness (Ally P)	6:30-7:15 MASHUP (Holly Cody) Starting Feb 1		

YMCA will be open 5:00 AM- 8:00 PM Mon-Fri, 7:00 AM – 5:00 PM Saturday, Closed Sunday