

CLINTON YMCA GROUP FITNESS SCHEDULE 2026

	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)	
11:00 to 12:00					Line Dancing (Ann T)	
5:00 to 6:00 pm	Chen Style Tai Chi (Youyan)					
5:30 to 6:30 PM		5:30-6:15 Cardio/Strength (Holly Cody)	30 Minute – High Intensity Workout (Luke)	5:30-6:15 Cardio/Strength (Holly Cody)		
6:00 to 7:30 PM	\$ Karate \$		\$ Karate \$			
6:30 to 7:30 PM	30 Minute – High Intensity Workout (Luke)	Step (Kala Wilson)				

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