



SUMMER II SESSION GROUP EXERCISE SCHEDULE

STUDIO A

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	VIRTUAL FITNESS 5:00am-5:50am Member-led POWER HOUR CYCLE 6:00am-7:00am Justine VIRTUAL FITNESS 8:25am-9:25am Member-led		VIRTUAL FITNESS 5:00am-5:50am Member-led POWER HOUR CYCLE 6:00am-7:00am Justine VIRTUAL FITNESS 8:25am-9:25am Member-led		VIRTUAL FITNESS 5:00am-5:50am Member-led POWER HOUR CYCLE 6:00am-7:00am Justine VIRTUAL FITNESS 8:25am-9:25am Member-led	BODYPUMP 9:00am-10:10am Susan
	SPIN 6:00pm-6:45pm Sierra BODYPUMP 7:15pm-8:00pm Susan			BODYPUMP 7:15pm-8:00pm Susan		

NO CLASSES SEPTEMBER 5TH-SEPTEMBER 10TH

STUDIO B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA 6:00am-7:00am Carole		YOGA 6:00am-7:00am Carole		YOGA 6:00am-7:00am Carole	
		YOGA 9:30am-10:30am Justine	YIN YOGA 9:00am-9:50am Maggie	YOGA 9:30am-10:30am Justine		YOGA BEGIN 9:15am-10:00am Carole
	GROUP FITNESS 10:00am-11:00am Laura		GROUP FITNESS 10:00am-11:00am Laura			
	YOGA 5:30pm-6:30pm Justine	FITNESS WITH LARWAN 5:30pm-6:15pm Larwan BOOTCAMP 6:45pm-7:45pm Jaqueline	YOGA 5:30pm-6:30pm Justine	FITNESS WITH LARWAN 5:30pm-6:15pm Larwan		



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AGE REQUIREMENTS:

- **Ages 12 to 15**

A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file. Waiver can be found at the Welcome Center and must be signed by both parent and child.

- **Ages 16-17**

May use Fitness area without parent present but must have a waiver on file.

WELLNESS AREA REQUIREMENTS:

- All members and guests using the wellness area must be dressed in appropriately clothing including close-toed shoes. No sandals or bare feet are permitted in the wellness area.
- All group exercise participants are required to register at the Welcome Center for any classes they are participating in each session.
- Please be considerate of other members by wiping down your machine after each use.

SUMMER II SESSION DATES:

SUMMER II: JULY 18TH—SEPTEMBER 3RD*

***THERE WILL BE A 1 WEEK BREAK FROM CLASSES SEPTEMBER 5TH-SEPTEMBER 10TH**

UPCOMING CLOSURES:

SEPTEMBER 5TH: CLOSED ALL DAY FOR LABOR DAY*

***24/7 ACCESS WILL BE AVAILABLE**

Schedule subject to change with little to no notice. For questions, please contact Taylor at taylorf@grantcountyyymca.org