



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**GRANT COUNTY
 FAMILY YMCA**

PHONE: (765) 664-0544
 VISIT WWW.GCYMCA.ORG
 FOR UPDATES & CANCELLATIONS

GROUP EXERCISE SCHEDULE

MAY 1ST – AUGUST 31ST

MONDAY

Time	Class	Location
AM Classes		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA-LEEANN	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
10:00-11:00	HIIT-LAURA	B
PM Classes		
6:00-6:45	SPIN BOOTCAMP	A
5:30-6:30	YOGA- JUSTINE	B
7:15-8:00	MUSCLE PUMP	B

TUESDAY

Time	Class	Location
AM Classes		
8:00-8:50	YIN-YOGA	B
9:30-10:30	YOGA-JUSTINE	B
PM Classes		
6:00-6:45	SPIN-CAITLIN	A
5:30-6:15	GROUP FITNESS-WAN	A

WEDNESDAY

Time	Class	Location
AM Classes		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA-LEEANN	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
10:00-11:00	HIIT-LAURA	B
PM Classes		
6:00-6:45	SPIN -CAITLIN	A
5:30-6:30	YOGA- JUSTINE	B
7:15-8:00	Y-FIT- TIM	B

THURSDAY

Time	Class	Location
AM Classes		
8:00-8:50	YIN-YOGA	B
9:30-10:30	YOGA-JUSTINE	B
PM Classes		
5:30-6:15	GROUP FINTESS-WAN	B
7:15-8:00	MUSCLE PUMP	B

FRIDAY

Time	Class	Location
AM Classes		
5:00-5:50	VIRTUAL	B
6:00-7:00	YOGA-LEEANN	B
6:00-7:00	POWER CYCLE	A
8:25-9:25	VIRTUAL	B
10:00-11:00	HIIT BOXING	B

SATURDAY

Time	Class	Location
AM Classes		
7:45-8:45	CYCLE FIT	A
8:15-9:30	MUSCLE-PUMP	B
9:45-10:30	YOGA BEGIN	B
11:00-12:00	CARDIO-DRUMMING	B

LOCATION KEY:

A- GROUP EXERCISE STUDIO A
 B- GROUP EXERCISE STUDIO B

*Schedule Updated 5.01.23