



Athens-McMinn Family YMCA

GROUP X

YMCA Hours: Mondays-Fridays 5 am—9 pm, Saturdays 8 am— 5pm

Child Watch: MWF 8—11 am, T/TH 8—10 am; M-F 4—8 pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 AM		CYCLING		CYCLING	
6:00 AM	TB CARDIO & STRENGTH	CYCLING	TB CARDIO & STRENGTH	CYCLING	TB CARDIO & STRENGTH
8:00 AM			CYCLING		CYCLING
9:00 AM		PILATES		PILATES	
9:15 AM	GO. FIT	Y-Barre	GO. FIT	Y-Barre	GO Fit
12 PM	BODY PARTS	CYCLING	BODY PARTS	CYCLING	BODY PARTS
4:00 PM	Y-KIDS FIT		Y-KIDS FIT		
5:25 PM		HIIT		HIIT	
5:30PM	STEP	ZUMBA®	STEP	ZUMBA®	
	YOGA		YOGA		
6:00PM					ZUMBA®
6:30PM	ZUMBA®	CORE	ZUMBA®	CORE	

SAT.	8:15 am	CYCLING	9 AM	YOGA	10 AM	ZUMBA®
-------------	---------	---------	------	------	-------	--------

Child Watch during work outs:

M-F 4pm—8pm

MWF 8 am—11 am, T/TH 8 am—10 am

CLASS DESCRIPTIONS ON THE BACK