



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Express Gainsboro

Group Exercise Schedule

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	Open Wellness Area 5:30AM	Body Blast 5:30AM-6:30AM	Open Wellness Area 5:30AM	Body Blast 5:30AM-6:30AM	Open Wellness Area 5:30AM	Open Wellness Area 8:00AM
8:00						
10:00						Saturday Mixup 9:00AM-10:AM
11:00						Preschool Ballet 3-4yr 10:00am-10:30am
PM						
12:00						Youth Hip Hop 7-12yr 11:30am-12:30pm
12:15		Interval Training 12:30PM – 1:30PM	Core&More 12:30-1:30PM	Interval Training 12:30PM – 1:30PM	HIIT it! 12:30-1:30PM	
12:30	CardiYolates 12:30:1:30PM					
1:00						
1:15						
2:00						Closed Wellness Area 2:00PM
5:00				Begin Ballet 8-11yr 5:00pm-5:55pm		
6:00	Zumba Strong! 6:00PM – 7:00PM	Step Aerobics 6:00PM – 7:00PM	Zumba 6:00 – 7:00PM	Step Aerobics 6:00 – 7:00PM		
6:30						
7:00			CardiYolates-7:00-8:00pm			
9:00	Closed Wellness Area 9:00PM	Closed Wellness Area 9:00PM	Closed Wellness Area 9:00PM	Closed Wellness Area 9:00PM	Closed Wellness Area 7:00PM	

Schedule starting March 1, 2017

**Punch Card Options Available:
Only for Express Facility
Excludes Paid Classes
5 classes for \$25
10 classes for \$45**