FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kirk Family YMCA
Group Exercise Schedule
April thru May 7, 2017

BARRE ABOVE NOW ON WEDNESDAY AT 6:35PM

CENTERGY Time change to 5:40pm on Mondays!!!

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio I	Studio II	Cycle Studio	Studio I	Studio II	Cycle Studio	Studio I	Studio II	Cycle Studio	Studio I	Studio II	Cycle Studio	Studio I	Studio II	Cycle Studio		Studio I	Studio II	Cycle Studio
5:30		BLAST 5:30am 55 min	Cycle 5:45 45 min		POWER 5:30 55 min				RIDE 5:45 55 min		POWER 5:30 55 min				Cycle 5:45 55 min	5:30			
6:00																6:00			
8:30	Yoga 8:30 55 min	Strength & Sculpt 8:30 55 min		CENTERGY 8:30 55min	BLAST 8:30 55min			BARRE ABOVE 8:30 55min		Pilates 8:30 55 min	BLAST 8:30 55 min		Yoga 8:30 55 min	Strength & Sculpt 8:30 55 min		8:30		BLAST 8:30 55 min	RIDE 8:30 55 min
9:30		BARRE ABOVE 9:30 55 min		Yoga 9:40 45 min	ACTIVE 9:40 55 min		CENTERGY 9:40 55 min			Yoga Stretch 9:30 55 min	ACTIVE 9:35 55 min		Pilates 9:30 55 min	fight 9:30 55 min		9:30	CENTERGY 9:30 55 min	POWER 9:40 55 min	
10:00								ZUMBA 9:30 55 min			groove 10:35 55 min					10:00			
10:30	STRENGTH FOR DAILY LIVING 10:45 45 min			YOGALATES FOR LIMITED MOBILITY 10:45 45 min			STRENGTH FOR DAILY LIVING 10:45 45 min						STRENGTH FOR DAILY LIVING 10:45 45min			10:30			
11:30																11:30		groove 10:45 55 min	
PM																**PM**	**SUNDAY**		
12:00		POWER 12:15 55 min	Cycle 12:15 45 min		fight 12:15 55min			POWER 12:15 55 min	R30 12:15 30 min		CORE 12:15 30 min		BARRE ABOVE 12:15 45 min	POWER 12:15 55 min	Cycle 12:15 45 min	1:00		POWER 1:15 55 min	
4:30		groove 4:45 55 min			POWER 4:45 55 min			groove 4:30 55 min			POWER 4:45 55 min			BARRE ABOVE 4:45 45 min		2:30	CENTERGY 2:30 55min	groove 2:30 55 min	
5:30	CENTERGY 5:40 55 min	POWER 5:45 55 min	R30 6:00 30 min	CENTERGY 5:30 55 min	groove 5:45 55min	R30 6:00 30 min	PILATES 5:30 55min	BLAST 5:30 55 min	Cycle 5:45 45min	CENTERGY 5:30 55min	fight 5:45 55 min	R30 6:00 30 min		groove 5:30 55 min		3:30	BARRE ABOVE 3:35 45 min		
6:30		CORE 6:50 30 min		YOGA 6:45 55 min				BARRE ABOVE 6:35 45 min		YOGA 6:45 55min									
7:00	BARRE ABOVE 7:15 45 min																		

Youth ages 10 –12 years may participate with adult supervision. All classes will end five minutes prior to the next class to allow classes to begin on time. Visit our website www.ymcaroanoke.org