



EXERCISE STUDIO ~ WINTER Session ~ Jan. 1– Feb. 25, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM							
6:30-7:30 AM		Yoga		Yoga		7 AM Open	
8:00-9:00 AM						Yoga	
9:00-10:00 AM			Yoga		Yoga	Yoga	9 AM Open
10:00-11:00 AM							Stretching class 930-1030
						Total Body Barre 10:30-11:30	
11:00-12:00 PM			Gentle Yoga				
12:00-1:00 PM	Yoga				Yoga		
1:00-3:30 PM							
3:30-4:30 PM							
4:30-5:30 PM					Total Body Barre 4:30-5:30	Close at 6	Close at 6
5:30-6:30 PM	Total Body Barre		Pilates				
6:30-7:30 PM	6:30-7:30 Yoga						
		7 – 8:15 Yoga		7-8:15 Yoga			
-10:00 PM							

New Year's Day (Monday) YMCA CLOSED.

Open for member use when space is available – no Stereo use unless with a class please.