


# YWCA Clinton Fitness Class Schedule - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BODYPUMP®</b> 5:00-5:50 am (MPR)	<b>BODYPUMP®</b> 5:00-6:00 am (MPR)	<b>GRIT® Strength</b> 5:00-5:25 am (MPR)	<b>BODYPUMP®</b> 5:00-6:00 am (MPR)	<b>BODYPUMP®</b> 5:00-5:50 am (MPR)	<b>BODYPUMP®</b> 7:00-8:00 am (MPR)
<b>AM Jump Start</b> 6:00-6:50 am (MPR)	<b>Yoga-Vinyasa</b> 5:45-6:50 am (CR)	<b>COMBAT®</b> 5:25-5:55 am (MPR)	<b>Yoga-Vinyasa</b> 5:45-6:50 am (CR)	<b>AM Jump Start</b> 6:00-6:50 am (MPR)	<b>Weekend Workout</b> 8:00-9:00 am (MPR)
<b>Aquacise-shallow</b> 7:00-7:45 am (P)	<b>CXWORX®</b> 6:05-6:35 am (MPR)	<b>AM Jump Start</b> 6:00-6:50 am (MPR)	<b>CXWORX®</b> 6:05-6:35 am (MPR)	<b>Aquacise-shallow</b> 7:00-7:45 am (P)	<b>Aquacise-shallow</b> 8:00-8:45 am (P)
<b>Aquacise-deep</b> 7:00-7:45 am (P)	<b>Aquacise-shallow</b> 7:00-7:45 am (P)	<b>Aquacise-shallow</b> 7:00-7:45 am (P)	<b>Aquacise-shallow</b> 7:00-7:45 am (P)	<b>Aquacise-deep</b> 7:00-7:45 am (P)	
<b>Aquacise-shallow</b> 7:45-8:30 am (P)	<b>No Fall Balance</b> 8:00-8:45 am (G)	<b>Aquacise-deep</b> 7:00-7:45 am (P)	<b>No Fall Balance</b> 8:00-8:45 am (G)	<b>Aquacise-shallow</b> 7:45-8:30 am (P)	
<b>Aquacise-deep</b> 8:00-8:45 am (P)	<b>Aquacise-shallow</b> 8:00-8:45 am (P)	<b>Aquacise-shallow</b> 7:45-8:30 am (P)	<b>Aquacise-shallow</b> 8:00-8:45 am (P)	<b>Aquacise-deep</b> 8:00-8:45 am (P)	
<b>Circuit Training</b> 8:15-9:00 am (FC)	<b>Cycling</b> 8:00-8:45 am (MPR)	<b>Aquacise-deep</b> 8:00-8:45 am (P)	<b>Cycling</b> 8:00-8:45 am (MPR)	<b>Circuit Training</b> 8:15-9:00 am (FC)	
<b>Wave Makers</b> 9:00-9:45 am (P)	<b>Water Walking</b> 8:45-9:30 am (P)	<b>Circuit Training</b> 8:15-9:00 am (FC)	<b>Water Walking</b> 8:45-9:30 am (P)	<b>Wave Makers</b> 9:00-9:45 am (P)	
<b>Step Aerobics</b> 9:00-9:55 am (MPR)	<b>BODYPUMP®</b> 9:00-10:00 am (MPR)	<b>Wave Makers</b> 9:00-9:45 am (P)	<b>BODYPUMP®</b> 9:00-10:00 am (MPR)	<b>Step Aerobics</b> 9:00-9:55 am (MPR)	
<b>Circuit Training</b> 9:15-10:00 am (FC)	<b>Circuit Training</b> 9:30-10:15 am (FC)	<b>Step Aerobics</b> 9:00-9:55 am (MPR)	<b>Circuit Training</b> 9:30-10:15 am (FC)	<b>Circuit Training</b> 9:15-10:00 am (FC)	
<b>Joint Flexibility</b> 9:45-10:30 am (P)	<b>Aqua Agility</b> 9:30-10:15 am (P)	<b>Circuit Training</b> 9:15-10:00 am (FC)	<b>Aqua Agility</b> 9:30-10:15 am (P)	<b>Yoga-Vinyasa</b> 10:00-11:05 am (MPR)	
<b>Stretch Fitness</b> 10:15-11:00 am (MPR)	<b>Aquacise-shallow</b> 9:45-10:30 am (P)	<b>Joint Flexibility</b> 9:45-10:30 am (P)	<b>Aquacise-shallow</b> 9:45-10:30 am (P)	<b>Stretch Fitness</b> 10:15-11:00 am (CR)	
<b>SilverSneakers® Circuit</b> 11:10-11:55 am (MPR)	<b>CXWORX®</b> 10:05-10:35 pm (MPR)	<b>Yoga-Vinyasa</b> 10:00-11:05 am (MPR)	<b>CXWORX®</b> 10:05-10:35 pm (MPR)	<b>SilverSneakers® Circuit</b> 11:10-11:55 am (MPR)	
<b>W.O.W.</b> 12:00-12:45 pm (FC)	<b>SilverSneakers® Classic</b> 10:45-11:30 am (MPR)	<b>Stretch Fitness</b> 10:15-11:00 am (CR)	<b>SilverSneakers® Classic</b> 10:45-11:30 am (MPR)	<b>Joint Flexibility</b> 1:00-1:45 pm (P)	
<b>SilverSneakers® Yoga</b> 12:15-12:50 pm (MPR)	<b>Circuit Training</b> 11:00-11:45 am (FC)	<b>SilverSneakers® Circuit</b> 11:10-11:55 am (MPR)	<b>Circuit Training</b> 11:00-11:45 am (FC)	<b>Aquacise-shallow</b> 5:15-6:00 pm (P)	
<b>Joint Flexibility</b> 1:00-1:45 pm (P)	<b>Easy Does It</b> 12:15-1:00pm (MPR)	<b>W.O.W.</b> 12:00-12:45 pm (FC)	<b>Easy Does It</b> 12:15-1:00pm (MPR)	<b>Aquacise-deep</b> 5:15-6:00 pm (P)	
<b>Circuit Training</b> 2:00-2:45 pm (FC)	<b>Water Power</b> 4:15-5:00 pm (P)	<b>SilverSneakers® Yoga</b> 12:15-12:50 pm (MPR)	<b>Water Power</b> 4:15-5:00 pm (P)		
<b>Boot Camp</b> 5:15-6:00 pm (MPR)	<b>BODYPUMP®</b> 5:10-6:10 pm (MPR)	<b>Joint Flexibility</b> 1:00-1:45 pm (P)	<b>BODYPUMP®</b> 5:10-6:10 pm (MPR)		
<b>Aquacise-shallow</b> 5:15-6:00 pm (P)	<b>Zumba®</b> 6:30-7:30 pm (MPR)	<b>Circuit Training</b> 2:00-2:45 pm (FC)	<b>Zumba®</b> 6:30-7:30 pm (MPR)		
<b>Aquacise-deep</b> 5:15-6:00 pm (P)		<b>Boot Camp</b> 5:15-6:00 pm (MPR)			
<b>Yoga-Vinyasa</b> 6:00-7:05 pm (CR)		<b>Aquacise-shallow</b> 5:15-6:00 pm (P)			
		<b>Aquacise-deep</b> 5:15-6:00 pm (P)			
		<b>GRIT® Cardio</b> 6:10-6:40 pm (CR)			



Full class descriptions can be found in our brochure or on our website:  
**[YWCAClinton.org](http://YWCAClinton.org)**

**Questions? Stop by the YWCA front desk.**

**Class descriptions available in YWCA brochure or online at [YWCAClinton.org](http://YWCAClinton.org).**

**Class Locations:** (P)=Pool, (FC)=Fitness Center, (G)=Gym, (MPR)=Multi Purpose Room, (CR)=Colonial Room

**ATTENTION MEMBERS:** Starting January 1, 2019: Our classes are moving to a first-come, first-served basis. No pre-registration required. If you would like to receive a phone call or text in the event a class you attend is cancelled, please stop at the front desk and fill out a Class Alert sign-up form. This will ensure that you will receive a text/call if the classes you noted on the Class Alert form are canceled.