


YWCA Clinton Fitness Class Schedule - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BODYPUMP® 5:00-5:50 am (MPR)	BODYPUMP® 5:00-6:00 am (MPR)	GRIT® Strength 5:00-5:25 am (MPR)	BODYPUMP® 5:00-6:00 am (MPR)	BODYPUMP® 5:00-5:50 am (MPR)	BODYPUMP® 7:00-8:00 am (MPR)
AM Jump Start 6:00-6:50 am (MPR)	Yoga-Vinyasa 5:45-6:50 am (CR)	COMBAT® 5:25-5:55 am (MPR)	Yoga-Vinyasa 5:45-6:50 am (CR)	AM Jump Start 6:00-6:50 am (MPR)	Weekend Workout 8:00-9:00 am (MPR)
Aquacise-shallow 7:00-7:45 am (P)	CXWORX® 6:05-6:35 am (MPR)	AM Jump Start 6:00-6:50 am (MPR)	CXWORX® 6:05-6:35 am (MPR)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-shallow 8:00-8:45 am (P)
Aquacise-deep 7:00-7:45 am (P)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-deep 7:00-7:45 am (P)	
Aquacise-shallow 7:45-8:30 am (P)	No Fall Balance 8:00-8:45 am (G)	Aquacise-deep 7:00-7:45 am (P)	No Fall Balance 8:00-8:45 am (G)	Aquacise-shallow 7:45-8:30 am (P)	
Aquacise-deep 8:00-8:45 am (P)	Aquacise-shallow 8:00-8:45 am (P)	Aquacise-shallow 7:45-8:30 am (P)	Aquacise-shallow 8:00-8:45 am (P)	Aquacise-deep 8:00-8:45 am (P)	
Circuit Training 8:15-9:00 am (FC)	Cycling 8:00-8:45 am (MPR)	Aquacise-deep 8:00-8:45 am (P)	Cycling 8:00-8:45 am (MPR)	Circuit Training 8:15-9:00 am (FC)	
Wave Makers 9:00-9:45 am (P)	Pilates 8:30-9:15 am (C)	Circuit Training 8:15-9:00 am (FC)	Water Walking 8:45-9:30 am (P)	Wave Makers 9:00-9:45 am (P)	
Step Aerobics 9:00-9:55 am (MPR)	Water Walking 8:45-9:30 am (P)	Wave Makers 9:00-9:45 am (P)	BODYPUMP® 9:00-10:00 am (MPR)	Step Aerobics 9:00-9:55 am (MPR)	
Circuit Training 9:15-10:00 am (FC)	BODYPUMP® 9:00-10:00 am (MPR)	Step Aerobics 9:00-9:55 am (MPR)	Circuit Training 9:30-10:15 am (FC)	Circuit Training 9:15-10:00 am (FC)	
Joint Flexibility 9:45-10:30 am (P)	Circuit Training 9:30-10:15 am (FC)	Circuit Training 9:15-10:00 am (FC)	Aquacise-shallow 9:45-10:30 am (P)	Yoga-Vinyasa 10:00-11:05 am (MPR)	
Stretch Fitness 10:15-11:00 am (MPR)	Aquacise-shallow 9:45-10:30 am (P)	Joint Flexibility 9:45-10:30 am (P)	CXWORX® 10:05-10:35 pm (MPR)	Stretch Fitness 10:15-11:00 am (CR)	
SilverSneakers® Circuit 11:10-11:55 am (MPR)	CXWORX® 10:05-10:35 pm (MPR)	Yoga-Vinyasa 10:00-11:05 am (MPR)	SilverSneakers® Classic 10:45-11:30 am (MPR)	SilverSneakers® Circuit 11:10-11:55 am (MPR)	
W.O.W. 12:00-12:45 pm (FC)	SilverSneakers® Classic 10:45-11:30 am (MPR)	Stretch Fitness 10:15-11:00 am (CR)	Circuit Training 11:00-11:45 am (FC)	Joint Flexibility 1:00-1:45 pm (P)	
SilverSneakers® Yoga 12:15-12:50 pm (MPR)	Circuit Training 11:00-11:45 am (FC)	SilverSneakers® Circuit 11:10-11:55 am (MPR)	Easy Does It 12:15-1:00pm (MPR)	Aquacise-shallow 5:15-6:00 pm (P)	
Joint Flexibility 1:00-1:45 pm (P)	Easy Does It 12:15-1:00pm (MPR)	W.O.W. 12:00-12:45 pm (FC)	Water Power 4:15-5:00 pm (P)	Aquacise-deep 5:15-6:00 pm (P)	
Circuit Training 2:00-2:45 pm (FC)	Water Power 4:15-5:00 pm (P)	SilverSneakers® Yoga 12:15-12:50 pm (MPR)	BODYPUMP® 5:10-6:10 pm (MPR)		
Boot Camp 5:15-6:00 pm (MPR)	BODYPUMP® 5:10-6:10 pm (MPR)	Joint Flexibility 1:00-1:45 pm (P)	BODYCOMBAT® 6:20-7:05 pm (MPR)		
Aquacise-shallow 5:15-6:00 pm (P)	Zumba® 6:30-7:30 pm (MPR)	Circuit Training 2:00-2:45 pm (FC)			
Aquacise-deep 5:15-6:00 pm (P)		Boot Camp 5:15-6:00 pm (MPR)			
Yoga-Vinyasa 6:00-7:05 pm (CR)		Aquacise-shallow 5:15-6:00 pm (P)			
		Aquacise-deep 5:15-6:00 pm (P)			
		GRIT® Cardio 6:10-6:40 pm (CR)			



Full class descriptions can be found in our brochure or on our website:
YWCAClinton.org

Questions? Stop by the YWCA front desk.

Class descriptions available in YWCA brochure or online at 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 any of the classes you noted on the Class Alert form are canceled.