



# FALL SCHEDULE

## GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAKE IT A GREAT WEEK!!!</b> 😊	7:00-7:55 am MOSSA Strength Train Together Beth-Aerobic Studio	7:00-7:55 am Vinyasa Flow (Yoga) Sharon – Aerobic Studio	4:30 -5:30 am Elite Fitness Mat – Gymnasium	7:00-7:55 am Vinyasa Flow (Yoga) Sharon – Aerobic Studio	8:00 – 8:55 am Total Body Interval Robyn-Aerobic Studio
7:00-7:55 am Vinyasa Flow (Yoga) Sharon – Aerobic Studio	8:00-8:55 am Yoga Plus Beth-Aerobic Studio	8:00 -8:55 am Cardio Challenge Lori-Aerobic Studio	8:00-8:55 am MOSSA Strength Train Together Beth-Aerobic Studio	8:00 – 8:55 am Cardio Challenge Amy – Aerobic Studio	9:00 –9:55 am Cardio Challenge Leslie- Aerobic Studio
8:00-8:55 am Dance Fitness Kary-Aerobic Studio	9:00-9:45 am Step Fitness Lori-Aerobic Studio	9:00-9:55 am Step Fitness Beth-Aerobic Studio	9:00-9:45 am Dance Fitness Kary-Aerobic Studio	9:00 – 9:55 am Step Fitness Lori-Aerobic Studio	
9:00-9:45 am Essentrics Stretch Debbie-Aerobic Studio	9:00 – 9:45 am Boot Camp Chris – Wellness Area	10:00-10:45 am Essentrics Stretch Debbie-Aerobic Studio	9:00 – 9:45 am Boot Camp Chris – Wellness Area	9:00 – 9:55 am Total Body Interval Robyn – Gym	<b>Sunday</b>
9:00 – 9:55 am Total Body Interval Robyn – Gym	<b>9:30 – 10:15 am</b> <b>Cardio Challenge</b> <b>Amy- Lucas Comm Ctr</b>	4:30 – 5:15 pm Power Circuits Sue-Aerobic Studio	<b>9:30 – 10:15 am</b> <b>Cardio Challenge</b> <b>Amy- Lucas Comm Ctr</b>	<b>9:30 – 10:15 am</b> <b>Cardio Challenge</b> <b>Amy- Lucas Comm Ctr</b>	<b>MAKE YOUR OWN WORKOUT!</b>
5:00 – 5:50 pm MOSSA Strength Train Together Beth-Aerobic Studio	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio	5:00-6:00 pm Kettlebells Reneta-Large Classroom	11:00 – 11:55 am Cardio Challenge Amy – Aerobic Studio	5:00-6:00 pm Kettlebells Reneta-Large Classroom	
5:00-6:00 pm Kettlebells Reneta-Large Classroom	11:00 – 11:55 am Kettlebells Reneta-Large Classroom	5:30-6:00 pm Ab Attack Deb-Aerobic Studio	11:00 – 11:55 am Kettlebells Reneta-Large Classroom		
<b>5:15 –6:15 pm</b> <b>FIT Class</b> <b>Ben – Grace Brethren</b>	5:05-5:55 pm "505" Workout Leslie-Aerobic Studio	6:00 – 6:45 pm Pound Fitness Deb-Aerobic Studio	5:00-5:45 pm Barre Patti-Aerobic Studio		
6:00-6:55 pm Power Circuits Sue-Aerobic Studio <b>Starts 9/16/19</b>	6:00 – 6:55 pm Cardio Challenge Deb – Aerobic Studio		<b>5:15 -6:15 pm</b> <b>Bootcamp</b> <b>Ben-Grace Brethren</b>		
7:00 – 7:45 pm Buti Yoga Kassie-Aerobic Studio	7:00 – 8:30 pm Yoga Fit Jen – Aerobic Studio		6:00 – 6:45 pm Buti Yoga Kassie – Aerobic		
8:00-8:45pm FIT Class Porfirio-Aerobic Studio <b>Starts 9/9/2019</b>			7:00 – 7:45 pm Zumba Kassie – Aerobic Studio		

## CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00- 12:00 pm Beth-Cycling Area MOSSA Cycle Together	5:00 – 5:45 pm Sally-Cycling Area Cycling	11:00- 12:00 pm Sally-Cycling Area MOSSA Cycle Together	4:45 –5:45 pm Sally-Cycling Area MOSSA Cycle Together	11:00- 12:00 pm Beth-Cycling Area MOSSA Cycle Together	
	6:00 – 6:45 pm Sue – Cycling Area Cycling <b>Starts 9/3/19</b>		6:00-6:45 pm Patti-Cycling Area Cycling <b>Starts 9/5/19</b>		



# FALL SCHEDULE

## WATER FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 am Water Aerobics Susan-Pool	8:30-9:30 am Water Aerobics Sharon L-Pool	8:30-9:30 am Water Aerobics Sharon F-Pool	8:30-9:30 am Water Aerobics Sharon L-Pool	8:30-9:30 am Water Aerobics Sharon F-Pool	
9:30 – 10:00 am Aqua Abs Barb-Pool	6:00-7:00 pm Water Boot Camp Beth- Pool	9:30 – 10:00 am Aqua Abs Barb-Pool	6:00-7:00 pm Water Aerobics Monica - Pool	9:30 – 10:00 am Aqua Abs Barb-Pool	
10:00-11:00 am Water Walking Barb-Pool		10:00-11:00 am Water Walking Barb-Pool		10:00-11:00 am Water Walking Barb-Pool	
11:00 – 12:00 pm Aqua Fit Amy – Pool		11:00 – 12:00 pm Aqua Fit Amy – Pool		11:00 – 12:00 pm Aqua Fit Amy – Pool	
6:00-7:00 pm Water Aerobics Beth - Pool		6:00 – 7:00 pm Water Aerobics Michelle – Pool			

## ACTIVE OLDER ADULT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:55 am Fit Lite Dance Shirley-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	11:00-11:55 am Enhance Fitness Anu-Aerobic Studio	10:00-10:45 am Silver Sneakers Classic Anu-Aerobic Studio	10:00-10:55 am Fit Lite Dance Shirley-Aerobic Studio	
11:00-11:55 am Enhance Fitness Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		11:00-11:55 am Enhance Fitness Anu-Aerobic Studio	
12:15-1:00 pm Zumba Gold Anu-Aerobic Studio		1:15-2:30 pm Senior Yoga Anu-Aerobic Studio		12:15-1:00 pm Zumba Gold Anu-Aerobic Studio	
1:15-2:30 pm Senior Yoga Anu-Aerobic Studio				1:15-2:30 pm Senior Yoga Anu-Aerobic Studio	

CLASSES ARE SUBJECT TO CHANGE

AUGUST 30, 2019

**GREEN** REPRESENTS CLASSES THAT ARE **NEW** TO THE SCHEDULE

**BLUE** REPRESENTS CLASSES THAT ARE HELD **OFF-SITE** BUT ARE STILL FREE TO YMCA MEMBERS

**GRACE BRETHREN CHURCH**

215 W. MAIN ST.  
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**LUCAS COMMUNITY**

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