



Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★



Group

FITNESS/WELLNESS

Schedule



★ January 2nd - March 24th ★

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YMCA	6:15 - 7:15 a.m. Sunrise Surprise Traci	Group	6:15 - 7:15 a.m. Sunrise Surprise Traci	Fitness	7:45 - 8:45 a.m. Indoor Y - Cycling Dan
9:00 - 10:00 a.m. Zumba Tamera	7:45 - 8:45 a.m. Indoor Y - Cycling Wesley	9:00 - 10:00 a.m. Cardio Step Tamera	9:10 - 10:10 a.m. Pilates Mat Annie	9:00 - 10:00 a.m. Gentle Yoga Ashes	9:00 - 10:00 a.m. Zumba Jenny
10:15 - 11:15 a.m. Dynamic Definition Tamera	9:00 - 10:00 a.m. Interval Training Susan	10:15 - 11:15 a.m. Dynamic Definition Tamera	10:15 - 11:15 a.m. Zumba Tamera	10:15 - 11:15 a.m. Indoor Y - Cycling Beth	10:15 - 11:15 a.m. Tai Chi Dave
11:30 a.m. - noon Balanced Fitness Zoe	10:15 - 11:15 a.m. Forever Fit Tamera	11:30 a.m. - noon Body By Hoop Judith	YMCA	11:30 a.m. - noon Balanced Fitness Zoe	11:30 - 12:30 p.m. Aikido Rolf
2:00 - 3:00 p.m. Lifetime Fitness Tamera	noon - 12:50 p.m. Petite Ballet Michele	2:00 - 3:00 p.m. Lifetime Fitness Tamera	Wellness	2:00 - 3:00 p.m. Lifetime Fitness Tamera	1:15 - 2:15 p.m. Junior Ballet Michelle
4:30 - 5:00 p.m. 30 Min. of Function Don	4:00 - 5:00 p.m. Vinyasa Flow Yoga Polly	4:00 - 5:00 p.m. Zumba Tamera	4:00 - 5:00 p.m. Power Yoga Dawn	4:30 - 5:30 p.m. Zumba Tamera	the Y
5:15 - 6:15 p.m. Cardio Step Tamera	5:15 - 6:00 p.m. Tae Kwon Do (ages 5 & 6 yrs.)	4:30 - 6:15 p.m. Pound - A - Weigh Tamera & Traci	5:15 - 6:00 p.m. Indoor Y - Cycling Robyn	the Y	Note: Specialty Classes require registration. See details on other side.
the Y	6:15 - 7:15 p.m. Tae Kwon Do (ages 7 to 11yrs)	the Y	6:15 - 7:15 p.m. Tae Kwon Do (ages 7 to 11yrs)	Facility Hours	
6:30 - 7:30 p.m. Indoor Y - Cycling John	7:15 - 8:15 p.m. Adult/Advanced Tae Kwon Do	6:30 - 7:30 p.m. Indoor Y-Cycling Amy	7:15 - 8:30 p.m. Tae Kwon Do (ages 11 to adult)	Monday - Thursday	5:00 a.m. - 9:00 p.m.
				Friday	5:00 a.m. - 6:00 p.m.
				Saturday	7:30 a.m. - 5:00 p.m.
				Sunday	noon - 5:00 p.m.
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Ⓢ Denotes Specialty Class. Dates vary. Please see class description on other side for specific dates and pricing.

GENERAL FITNESS CLASSES Payment Options

By 12 week session

Annual Member General Fitness Class Pricing:

\$ 30.00	Adult 12 - week session Unlimited
\$ 60.00	Adult Members 12-Class Card*
\$ 7.00	Adult Drop - in fee (per 60-min. class)
\$ 3.00	Adult Drop - in fee (per 30-min. class)

3 - Month & Non-Member General Fitness Class Pricing:

\$ 110.00	Adult 12 - week session Unlimited
\$ 84.00	Adult 3-Month & Non-Members 12-Class Card*
\$ 10.00	Adult Drop - in fee (per 60-min. class)
\$ 6.00	Adult Drop - in fee (per 30-min. class)

* **12-Class Card:** Please take your card with you to each class. The instructor will punch the card before class starts.

PLEASE NOTE: Unused and lost cards are neither refundable nor transferable.

Must be ages 14 & up to participate in General Fitness Classes