

## Drop-in Fitness Schedule Fall 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y-Cycle 6:15-7:00 am	Yin Yoga 6:00-7:15 am	Y-Cycle 6:15-7:00 am	Y-Body Fit 6:15-7:00 am	Functional Strength Class 6:15-7:15 am	Y-cycle 8:30 – 9:15 am
					Y-Cycle 9:30 – 10:15 am
Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Y-Cycle 6:15-7:00 am	Zumba 10:00-11am
Synergy 360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Synergy 360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Aquafit 9:00-9:45am	Step & Strength 11:15-12:15pm
Synergy 360 Class 10:30 – 11:15am		Synergy 360 Class 10:30 – 11:15am			
AquaFit 1:30 – 2:15 pm	Y-Fit Kettlebells 12:10-12:50 pm	Y-Fit Y Strength 12:10-12:50 pm	Y-Fit Bootcamp 12:10-12:50 pm	Y-Cycle 12:10-12:50 pm	Aquafit 1:30 – 2:15pm
Y-Fit Circuit 12:10 -12:50 pm	Aquafit 5:30-6:15pm	Y-Cycle 12:10–12:50 pm	Y-Cycle 12:10–12:50 pm	BARRE Class 12:10- 1:00pm	
Y-Cycle 12:10 – 12:50 am	Zumba 5:30-6:30 pm	AquaFit 1:30 – 2:15 pm	Zumba 5:30-6:30pm	Y-Fit Circuit 12:10-12:50 pm	*Drop-in class times are subject to change Stay updated by following us on Facebook and Twitter
Beginner Yoga 6:15-7:15 pm	Y Strength 5:30 – 6:15pm	Zumba 6:00-7:00pm	Y Strength 5:30 – 6:15pm	Aquafit 1:30 – 2:15pm	
BARRE Class 7:30-8:15 pm			Aquastep 7:00-7:45pm		

**Book an appointment with one of our friendly personal trainers to take  
your fitness program to the next level!**

Call (306) 652-7515 to find out more!