



GROUP EXERCISE SCHEDULE WINTER II 2019

February 25th – April 6th

SANDUSKY COUNTY YMCA

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	5:15	MORNING YOGA	TRIPLE THREAT		TRIPLE THREAT	
	5:30	CYCLING		CYCLING		
	6:00			BARRE <small>NEW</small>		
		BOOTCAMP		BOOTCAMP		BOOTCAMP
	8:00		PILATES		BOOTCAMP	
	8:30					MINDFUL VINYASA
	9:00	BOOTCAMP		BOOTCAMP	TAI CHI	BOOTCAMP
9:30	TOTAL TONE	CARDIO DRUMS	TOTAL TONE		TOTAL TONE	
		CYCLING		CYCLING		
EVENING	5:30	CYCLING	ALL LEVELS VINYASA YOGA	YOGA	CYCLING	BEGINNERS VINYASA YOGA
		BOOTCAMP	BOOTCAMP			
			HIIT <small>NEW</small>		POUND	
	6:00	Aqua X		Aqua X		
	7:00	CYCLING		CYCLING	CYCLING	
			GOLF <small>NEW</small> CONDITIONING		GOLF <small>NEW</small> CONDITIONING	
				AQUA ZUMBA		

Please always check updated schedule at the Front Desk.

Y Members can Drop-In to any class for \$5. Non-member Drop-In \$5 + a day pass.

Revised 2.12.19