

Tentative Drop-in Fitness Schedule at the New Downtown Y

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Strength		Strength			
8:00 AM	Strength	Cardio/ Strength	Total Body Strength	Cardio/ Strength	Total Body Strength		
8:15 AM						Cyclefit	
8:30 AM						TRX 75	
9:15 AM						Cyclefit	
9:00 AM	Strength		Step/Strength		Total Body Strength	Strength	Step
10:00 AM	Senior Strength	Yoga	Senior Strength	Yoga	Senior Strength	Cardio Dance	Yoga
11:00 AM	Senior Strength	Low Impact Cardio	Senior Strength	Low Impact Cardio	Senior Strength	Yoga	Barre
12:00 PM	Pilates		Barre		Yoga		
12:10 PM		Strength		Strength			
12:15 PM	Cyclefit	Cyclefit	Cyclefit	Cyclefit	Cyclefit		
1:30 PM	Senior Strength		Senior Strength		Senior Strength		
4:30 PM	Barre	Pilates					
5:00 PM		TRX		TRX			
5:15 PM	Cyclefit	Cyclefit	Cyclefit	Cyclefit			
5:30 PM	Strength	Cardio Dance	Cardio Dance	Strength			
6:30 PM	Strength	Yoga		Yoga			
7:30 PM	Yoga		Yoga				

NOTE: This is a DRAFT schedule and is subject to change.

Note: Playcare (childminding) services are available Monday, Wednesday and Saturday from 9:00-11:30am.