



March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:00 FIT CLUB-DK	31 8:00 Spin -VI 9:00 Yoga -SP 4:30 GROUP WALKING/ MUSCLE TONING-JL	1 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	2 7:30 Spin -VI 8:30 Yoga -SP 9:30 DSN 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG 6:30 Yoga-SP	3 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	4 8:00 FIT CLUB -DK
5 2:00 FIT CLUB -DK	6 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	7 8:00 Spin -VI 9:00 Yoga -SP 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 Yoga-SP	8 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	9 7:30 Spin -VI 8:30 Yoga -SP 9:30 DSN 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG 6:30 Yoga-SP	10 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	11 8:00 FIT CLUB -DK
12 2:00 FIT CLUB -DK	13 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	14 8:00 Spin -VI 9:00 Yoga -SP 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 Yoga-SP	15 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	16 7:30 Spin -VI 8:30 Yoga -SP 9:30 DSN 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG 6:30 Yoga-SP	17 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	18 8:00 FIT CLUB -DK
19 2:00 FIT CLUB -DK	20 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	21 8:00 Spin -VI 9:00 Yoga -SP 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 Yoga-SP	22 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	23 7:30 Spin -VI 8:30 Yoga -SP 9:30 DSN 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG 6:30 Yoga-SP	24 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	25 8:00 FIT CLUB -DK
26 2:00 FIT CLUB -DK	27 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 FAMILY FITNESS-BG 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	28 8:00 Spin -VI 9:00 Yoga -SP 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 Yoga-SP	29 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF 5:30 AB/FAB-MA 6:00 CARDIO SCULPT-MA 6:00 FIT CLUB-DK 6:30 Cardio Kick-KW	30 7:30 Spin -VI 8:30 Yoga -SP 9:30 DSN 4:30 GROUP WALKING/ MUSCLE TONING-JL 5:30 FAMILY FITNESS-BG 6:30 Yoga-SP	31 8:00 STRENGTH/TONE-KF 9:00 S.D.L.-KF 10:00 S.D.L. KF	1 8:00 FIT CLUB -DK

HOURS OF OPERATION
MONDAY-THURSDAY
 5:00AM-9:00PM
FRIDAY
 5:00AM-7:00PM
SATURDAY
 8:00AM-3:00PM
SUNDAY
 1:30PM-5:00PM

YMCA INSTRUCTORS
 MA- Meka Adams
 JL- Jo Ann Lipscomb
 KF- Kaye Fowler
 DK-David Kitchens
 BG-Brian Gregory
 VI-Virtual Instructor
 SP- Sonja Pruitt
 KW-Kristen Wilkins

CHILD WATCH HOURS
MONDAY-FRIDAY
 8:00AM-11:00AM
MONDAY-THURS
 4:00PM-8:00PM
NO WEEKEND HOURS