



January

Hours of Operation

Mon. - Thurs. 5:00 AM - 9:00 PM
Friday 5:00 AM - 7:00 PM
Saturday 8:00 AM - 3:00 PM
Sunday 1:30 PM - 5:00 PM

Childwatch Hours

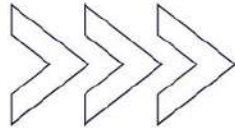
Mon. - Fri. 8:00 AM - 11:00 AM
Mon. - Thurs. 4:00 PM - 8:00 PM
NO WEEKEND HOURS!



SUN	MON	TUE	WED	THU	FRI	SAT
<u>YMCA INSTRUCTORS</u> STRENGTH FOR DAILY LIVING (SDL): SUSAN ADAMS CORE & MORE, CARDIO SCULPT: MEKA ADAMS HIGH-INTENSITY INTERVAL TRAINING (HIIT): CARI CONLEY LINE DANCING: MELANIE TRAMMELL SUPER STARS (DSN): SHELBY ALEXANDER				1 HAPPY NEW YEAR	2 9:00-10:00 SDL 10:00-11:00 SDL	3
4	5 9:00-10:00 SDL 10:00-11:00 SDL 5:15-6:00 HIIT	6 9:30-10:15 Super Stars 6:00-6:45 LINE DANCING	7 9:00-10:00 SDL 10:00-11:00 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	8	9 9:00-10:00 SDL 10:00-11:00 SDL	10
11	12 9:00-10:00 SDL 10:00-11:00 SDL 5:15-6:00 HIIT	13 9:30-10:15 Super Stars 6:00-6:45 LINE DANCING	14 9:00-10:00 SDL 10:00-11:00 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	15	16 9:00-10:00 SDL 10:00-11:00 SDL	17
18	19 9:00-10:00 SDL 10:00-11:00 SDL 5:15-6:00 HIIT	20 9:30-10:15 Super Stars 6:00-6:45 LINE DANCING	21 9:00-10:00 SDL 10:00-11:00 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	22	23 9:00-10:00 SDL 10:00-11:00 SDL	24
25	26 9:00-10:00 SDL 10:00-11:00 SDL 5:15-6:00 HIIT	27 9:30-10:15 Super Stars 6:00-6:45 LINE DANCING	28 9:00-10:00 SDL 10:00-11:00 SDL 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	29	30 9:00-10:00 SDL 10:00-11:00 SDL	31

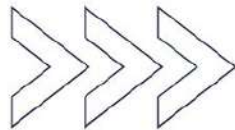
CLASS DESCRIPTIONS

STRENGTH FOR DAILY LIVING (SDL)



Participants move through a series of low-impact exercises that focus on improving balance, flexibility, strength, and cardiovascular health. Exercises can be modified for different levels of ability.

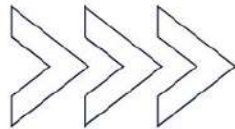
CORE & MORE, CARDIO SCULPT



Core & More: Group fitness session that focuses on building core strength (abs, back, glutes, & hips) for better posture, balance, and overall stability.

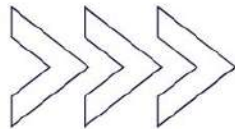
Cardio Sculpt: Dynamic group fitness session that blends aerobics with strength and core training to build endurance and tone muscles.

HIGH-INTENSITY INTERVAL TRAINING (HIIT)



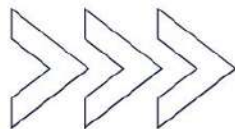
Participants engage in short bursts of intense aerobic exercise (burpees, jump-squats, etc.) followed by recovery intervals of brief rest or light activity. Designed to boost fitness, burn calories, and improve endurance, and can be modified for all levels of ability.

LINE DANCING



A beginner-friendly and fun approach to exercise, designed to improve cardiovascular health, build muscle, and increase endurance. Includes easy-to-follow line dance steps set to a variety of music types, from classic favorites to modern hits.

SUPER STARS (DSN)



A supportive, inclusive exercise session for Disabled/Special Needs adults. Exercises are adaptable and low-impact, and often include light cardio, stretching, balance work, and light strength training.