

FITNESS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30								
5:45								
6:00								
6:15		Y Strong 6-7 (days vary)						
6:30								
6:45								
7:00								
7:15								
7:30								
7:45								
8:00								
8:15								
8:30								
8:45		Y Strong & Lean 8:15-9:30		Y Strong & Lean 8:15-9:30	Relax & Roll 8:15-9:30	Y Strong & Lean 8:15-9:30		
9:00								
9:15							MOSSA Group Power 9-10 Alternating	
9:30		MOSSA Group Power 9:30-10:30	Beginners Yoga 9:30-10:30	MOSSA Group Power 9:30-10:30	Beginners Yoga 9:30-10:30	MOSSA Group Power 9:30-10:30	Full Body Tabata 9-10	
9:45								
10:00								
10:15								
10:30								
10:45								
11:00		BOOM Move, Muscle, Mind 11:00-11:45	Silver Sneakers Stability 11:00-11:45	BOOM Move, Muscle, Mind 11:00-11:45	Silver Sneakers Stability 11:00-11:45	BOOM Move, Muscle, Mind 11:00-11:45		
11:15								
11:30								
11:45								
12:00								
12:15								
12:30								
12:45								
1:00								
1:15		For more info about <u>virtual options</u> check with the member services desk or: YMCA360.org, stronglife.org or silverandfit.com <u>Mooreville Fitness Classes at One Place@Life Pointe Church</u> Mondays & Fridays: Stretch and Sculpt at 10AM <u>Line Dancing</u> : Call (765) 342-6688 or visit the Membership Service Desk for more information						
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00								
3:15								
3:30								
3:45								
4:00								
4:15								
4:30								
4:45								
5:00								
5:15		Full Body Tabata 5-6	MOSSA Group Power 5-6	Cardio, Core and More 5-6	MOSSA Group Power 5-6			
5:30								
5:45								
6:00		Zumba 6-7	Mind and Body Y360 6-7	Zumba 6-7	Line Dancing Every other Week 6-7			
6:15								
6:30								
6:45								
7:00			Karate 7-8					



**YMCA OF MORGAN
COUNTY**
2039 E. Morgan St.
Martinsville, IN 46151