


YWCA Clinton Fitness Class Schedule - Winter 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Cycling 5:05-5:50 am (MPR)	* BODYPUMP® 5:05-6:05 am (MPR)	* Cycling 5:05-5:50 am (MPR)	* BODYPUMP® 5:05-6:05 am (MPR)	* Cycling 5:05-5:50 am (MPR)	* BODYPUMP® 7:00-8:00 am (MPR)
AM Jump Start 6:00-6:50 am (MPR)	Yoga-Vinyasa 5:45-6:50 am (CR)	AM Jump Start 6:00-6:50 am (MPR)	Yoga-Vinyasa 5:45-6:50 am (CR)	AM Jump Start 6:00-6:50 am (MPR)	Weekend Workout 8:00-9:00 am (MPR)
Aquacize-shallow 7:00-7:45 am (P)	* CXWORX® 6:10-6:40 am (MPR)	Aquacize-shallow 7:00-7:45 am (P)	* CXWORX® 6:10-6:40 am (MPR)	Aquacize-shallow 7:00-7:45 am (P)	Aquacise-shallow 8:00-8:45 am (P)
Aquacize-deep 7:00-7:45 am (P)	Aquacize-shallow 7:00-7:45 am (P)	Aquacize-deep 7:00-7:45 am (P)	Aquacize-shallow 7:00-7:45 am (P)	Aquacize-deep 7:00-7:45 am (P)	
Aquacize-shallow 7:45-8:30 am (P)	Stretch Fitness 7:00-7:45 am (MPR)	Aquacize-shallow 7:45-8:30 am (P)	Stretch Fitness 7:00-7:45 am (MPR)	Aquacize-shallow 7:45-8:30 am (P)	
Aquacize-deep 8:00-8:45 am (P)	No Fall Balance 8:00-8:45 am (G)	Aquacize-deep 8:00-8:45 am (P)	No Fall Balance 8:00-8:45 am (G)	Aquacize-deep 8:00-8:45 am (P)	
Young at Heart 8:00-8:55 am (MPR)	Aquacize-shallow 8:00-8:45 am (P)	Young at Heart 8:00-8:55 am (MPR)	Aquacize-shallow 8:00-8:45 am (P)	Young at Heart 8:00-8:55 am (MPR)	
Circuit Training 8:15-9:00 am (FC)	* Cycling 8:00-8:45 am (MPR)	Circuit Training 8:15-9:00 am (FC)	* Cycling 8:00-8:45 am (MPR)	Circuit Training 8:15-9:00 am (FC)	
Wave Makers 9:00-9:45 am (P)	Pilates 8:30-9:15 am (CR)	Wave Makers 9:00-9:45 am (P)	Pilates 8:30-9:15 am (CR)	Wave Makers 9:00-9:45 am (P)	
Step Aerobics 9:00-9:55 am (MPR)	Water Walking 8:45-9:30 am (P)	Step Aerobics 9:00-9:55 am (MPR)	Water Walking 8:45-9:30 am (P)	Step Aerobics 9:00-9:55 am (MPR)	
Circuit Training 9:15-10:00 am (FC)	* BODYPUMP® 9:00-10:00 am (MPR)	Circuit Training 9:15-10:00 am (FC)	* BODYPUMP® 9:00-10:00 am (MPR)	Circuit Training 9:15-10:00 am (FC)	
Yoga-Vinyasa 9:30-11:00 am (CR)	Circuit Training 9:30-10:15 am (FC)	Aqua Abs 9:30-10:15 am (P)	Yoga-Vinyasa 9:30-11:00 am (CR)	Aqua Abs 9:30-10:15 am (P)	
Aqua Abs 9:30-10:15 am (P)	Aqua Agility 9:30-10:15 am (P)	Joint Flexibility 9:45-10:30 am (P)	Circuit Training 9:30-10:15 am (FC)	Yoga-Vinyasa 10:00-11:05 am (MPR)	
Joint Flexibility 9:45-10:30 am (P)	Aquacize-shallow 9:45-10:30 am (P)	Yoga-Vinyasa 10:00-11:05 am (MPR)	Aqua Agility 9:30-10:15 am (P)	Stretch Fitness 10:15-11:00 am (CR)	
Stretch Fitness 10:15-11:00 am (MPR)	SilverSneakers® Classic 10:45-11:30 am (MPR)	Stretch Fitness 10:15-11:00 am (CR)	Aquacize-shallow 9:45-10:30 am (P)	Joint Flexibility 10:30-11:15 am (P)	
SilverSneakers® Circuit 11:10-11:55 am (MPR)	Circuit Training 11:00-11:45 am (FC)	SilverSneakers® Circuit 11:10-11:55 am (MPR)	SilverSneakers® Classic 10:45-11:30 am (MPR)	SilverSneakers® Circuit 11:10-11:55 am (MPR)	
W.O.W. 12:00-12:45 pm (FC)	Easy Does It 12:15-1:00pm (MPR)	W.O.W. 12:00-12:45 pm (FC)	Circuit Training 11:00-11:45 am (FC)	Joint Flexibility 1:00-1:45 pm (P)	
SilverSneakers® Yoga 12:15-12:50 pm (CR)	* Cycling 4:15-5:00 pm (MPR)	SilverSneakers® Yoga 12:15-12:50 pm (CR)	Easy Does It 12:15-1:00pm (MPR)	Homeschool Hour 1:15-2:00 pm (G)	
Joint Flexibility 1:00-1:45 pm (P)	Water Power 4:15-5:00 pm (P)	Joint Flexibility 1:00-1:45 pm (P)	* Cycling 4:15-5:00 pm (MPR)	Aquacise-shallow 5:15-6:00 pm (P)	
Circuit Training 2:00-2:45 pm (FC)	* BODYPUMP® 5:15-6:15 pm (MPR)	Circuit Training 2:00-2:45 pm (FC)	Water Power 4:15-5:00 pm (P)	Aquacize-deep 5:15-6:00 pm (P)	
Insanity® 4:30-5:10 pm (MPR)	* CXWORX® 6:15-6:45 pm (MPR)	* CXWORX® 4:30-5:10 pm (MPR)	* BODYPUMP® 5:15-6:15 pm (MPR)		
Boot Camp 5:15-6:00 pm (MPR)	Zumba® 6:45-7:30 pm (MPR)	Boot Camp 5:15-6:00 pm (MPR)	* CXWORX® 6:15-6:45 pm (MPR)		
Aquacise-shallow 5:15-6:00 pm (P)		Aquacise-shallow 5:15-6:00 pm (P)	Zumba® 6:45-7:30 pm (MPR)		
Aquacise-deep 5:15-6:00 pm (P)		Aquacise-deep 5:15-6:00 pm (P)			
Yoga-Vinyasa 6:00-7:05 pm (CR)		Yoga-Vinyasa 5:30-7:00 pm (CR)			
		Hydro Cardio 6:00-6:45 pm (P)			



Full class descriptions can be found in our brochure or on our website:
YWCAClinton.org
Questions? Stop by the YWCA front desk.

Class descriptions available in YWCA brochure or online at YWCAClinton.org.

Class Locations: (P)=Pool, (FC)=Fitness Center, (G)=Gym, (MPR)=Multi Purpose Room, (CR)=Colonial Room

* **Classes marked with an asterisk have limited space &/or equipment.** YWCA members are required to register on a monthly basis to guarantee their spot in these classes. If you are not pre-registered, please be sure to call ahead to check space availability before attending class: 563-242-2110.