


YWCA Clinton Fitness Class Schedule - November 2024

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

 Download the Daxko Mobile App to stay informed on schedules and updates!					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**MPR Open for Member Use 5:00-6:00a	Intervals 5:00-6:00 am (MPR)	**MPR Open for Member Use 5:00-6:00a	Intervals 5:00-6:00 am (MPR)	**MPR Open for Member Use 5:00-6:00a	
Morning Lifting Crew 5:00-6:00 am (FC)		Let's Lift! 5:00-6:00 am (FC)		Morning Lifting Crew 5:00-6:00 am (FC)	
AM Jump Start 6:00-6:50 am (MPR)	Core Control 45 6:00-6:45 am (MPR)	AM Jump Start 6:00-6:50 am (MPR)	Core Control 45 6:00-6:45 am (MPR)	AM Jump Start 6:00-6:50 am (MPR)	
**MPR Open for Member Use 6:50-8:00a	**MPR Open for Member Use 6:50-8:00a	**MPR Open for Member Use 6:50-8:00a	**MPR Open for Member Use 6:50-8:00a	**MPR Open for Member Use 6:50-8:00a	Morning Lifting Crew 7:00-7:45 am (FC)
Jolly Joints 7:00-7:45 am (P)	Jolly Joints 7:00-7:45 am (P)	Jolly Joints 7:00-7:45 am (P)	Jolly Joints 7:00-7:45 am (P)	Jolly Joints 7:00-7:45 am (P)	**MPR Open for Member Use 7:00-8:00a
Sunrise Splash 7:00-7:45 am (P)		Sunrise Splash 7:00-7:45 am (P)		Sunrise Splash 7:00-7:45 am (P)	STRONG Nation® 8:00-8:45 am (MPR)
To What End? 8:00-8:45 am (P)	Hydromania 8:00-8:45 am (P)	To What End? 8:00-8:45 am (P)	Hydromania 8:00-8:45 am (P)	To What End? 8:00-8:45 am (P)	Hydromania 8:00-8:45 am (P)
	Circuit Training 8:00-8:45 am (FC)		Circuit Training 8:00-8:45 am (FC)		CIRCL Mobility® 8:45-9:15 am (MPR)
Strong and Sculpted 60 8:15-9:15 am (MPR)	Fitness-on-Demand Cycling 8:00-8:45 am (MPR)	Strong and Sculpted 60 8:15-9:15 am (MPR)	Fitness-on-Demand Cycling 8:00-8:45 am (MPR)	Strong and Sculpted 60 8:15-9:15 am (MPR)	
Wave Makers 8:50-9:35 am (P)		Wave Makers 8:50-9:35 am (P)		Wave Makers 8:50-9:35 am (P)	Water Shuffle 8:45-9:15 am (P)
Core Control 30 9:15-9:45 am (MPR)	No Fall Balance 9:00-9:45 am (MPR)	Core Control 30 9:15-9:45 am (MPR)	SilverSneakers® Stability 9:00-9:45 am (MPR)	Core Control 30 9:15-9:45 am (MPR)	
Stretch Fitness 10:00-10:45 am (MPR)	Total Training* 10:00-11:00 pm (MPR)	Yoga-Vinyasa 10:00-11:05 am (MPR)	Stretch Fitness 10:00-10:45 am (MPR)	Yoga-Vinyasa 10:00-11:05 am (MPR)	**MPR Open for Member Use 10:15a-12:00p
Cardio Circuit 11:15-12:00 pm (MPR)	SilverSneakers® Classic 11:00-11:45 am (MPR)	Cardio Circuit 11:15-12:00 pm (MPR)	SilverSneakers® Classic 11:00-11:45 am (MPR)	Cardio Circuit 11:15-12:00 pm (MPR)	**If no birthday party is scheduled, MPR Open for Member Use 12:00-5:00p
W.O.W. 12:00-12:45 pm (FC)	Chair Yoga for Arthritis 12:00-12:45 pm (MPR)	W.O.W. 12:00-12:45 pm (FC)	Chair Yoga for Arthritis 12:00-12:45 pm (MPR)		**If no birthday party is scheduled, MPR Open for Member Use <u>Sunday</u> , 11:00a- 3:00p
Chair Yoga 12:15-1:00 pm (MPR)		Chair Yoga 12:15-1:00 pm (MPR)		**MPR Open for Member Use 12:00-9:00p	*Part of Above + Beyond Cancer Program
Joint Flexibility 1:00-1:45 pm (P)	**MPR Open for Member Use 11:45-5:30p	Joint Flexibility 1:00-1:45 pm (P)	**MPR Open for Member Use 11:45-5:30p	Joint Flexibility 1:00-1:45 pm (P)	
Tai Chi Walk 1:05-1:35 pm (MPR)		Tai Chi Walk 1:05-1:35 pm (MPR)			
**MPR Open for Member Use 1:35-5:00p		**MPR Open for Member Use 1:35-9:00p			
Zumba® 5:00-5:45 pm (MPR)					
Weightless in the Water 5:15-6:00 pm (P)	STRONG Nation® /CIRCL Mobility® 5:30-6:30 pm (MPR)	Weightless in the Water 5:15-6:00 pm (P)	Pump Up The Beat! 5:30-6:30 pm (MPR)	Weightless in the Water 5:15-6:00 pm (P)	
Off the Deep End 5:15-6:00 pm (P)		Off the Deep End 5:15-6:00 pm (P)		Off the Deep End 5:15-6:00 pm (P)	
Yoga-Vinyasa 6:00-7:05 pm (MPR)					
**MPR Open for Member Use 7:05-9:00p	**MPR Open for Member Use 6:30-9:00p		**MPR Open for Member Use 6:30-9:00p		

If you would like to receive phone call or text alerts,
please stop by the Front Desk and fill out a Class
Alert Sheet.



YWCA Clinton
Health & Wellness

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Fitness-On-Demand Virtual Classes are available in
the MPR. Come in and pick any of 750+ classes
during MPR Open times listed.