

YWCA Clinton Fitness Class Schedule - September 2023



Download the Daxko Mobile App to stay informed on schedules and updates!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BODYPUMP Express® 5:00-5:45 am (MPR)	Let's Lift! 5:00-5:45 am (FC)	BODYPUMP Express® 5:00-5:45 am (MPR)		
AM Jump Start 6:00-6:50 am (MPR)	CORE (45 min)® 6:00-6:45 am (MPR)	AM Jump Start 6:00-6:50 am (MPR)	CORE (45 min)® 6:00-6:45 am (MPR)	AM Jump Start 6:00-6:50 am (MPR)	
Aquacise-shallow 7:00-7:45 am (P)	Fitness-on-Demand Cycling 6:50-7:20 am	Aquacise-shallow 7:00-7:45 am (P)	Fitness-on-Demand Cycling 6:50-7:20 am	Aquacise-shallow 7:00-7:45 am (P)	COMBAT® 7:00-7:45 am (MPR)
Aquacise-deep 7:00-7:45 am (P)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-deep 7:00-7:45 am (P)	Aquacise-shallow 7:00-7:45 am (P)	Aquacise-deep 7:00-7:45 am (P)	STRONG® 8:00-8:30 am (MPR)
Aquacise-deep 8:00-8:45 am (P)	Aquacise-shallow 8:00-8:45 am (P)	Aquacise-deep 8:00-8:45 am (P)	Aquacise-shallow 8:00-8:45 am (P)	Aquacise-deep 8:00-8:45 am (P)	CIRCL Mobility® 8:35-9:05 am (MPR)
BODYPUMP® 8:15-9:15 am (MPR)	Cycling 7:30-8:15 am (MPR)	BODYPUMP (30 min)® 8:15-8:45 am (MPR)	Cycling 7:30-8:15 am (MPR)	BODYPUMP® 8:15-9:15 am (MPR)	Aquacise-shallow 8:00-8:45 am (P)
Wave Makers 8:50-9:35 am (P)	Circuit Training 8:00-8:45 am (FC)	CORE (45 min)® 9:00-9:45 am (MPR)	Circuit Training 8:00-8:45 am (FC)	Wave Makers 8:50-9:35 am (P)	Water Shuffle 8:45-9:15 am (P)
Fitness-on-Demand Core 9:20-9:50 am	Fitness-on-Demand Core 8:20-8:50 am	Wave Makers 8:50-9:35 am (P)	Fitness-on-Demand Core 8:20-8:50 am	Fitness-on-Demand Core 9:20-9:50 am	Fitness-on-Demand Kids 9:30-10:00 am
Stretch Fitness 10:00-10:45 am (MPR)	No Fall Balance 9:00-9:45 am (MPR)	Yoga-Vinyasa 10:00-11:05 am (MPR)	SilverSneakers® Stability 9:00-9:45 am (MPR)	Yoga-Vinyasa 10:00-11:05 am (MPR)	
Cardio Circuit 11:15-12:00 pm (MPR)	Water Walking 9:00-9:45 am (P)	Cardio Circuit 11:15-12:00 pm (MPR)	Water Walking 9:00-9:45 am (P)	Cardio Circuit 11:15-12:00 pm (MPR)	
W.O.W. 12:00-12:45 pm (FC)	SilverSneakers® Classic 11:00-11:45 am (MPR)	W.O.W. 12:00-12:45 pm (FC)	Stretch Fitness 10:00-10:45 am (MPR)	Joint Flexibility 1:00-1:45 pm (P)	
Chair Yoga 12:15-1:00 pm (MPR)	Easy Does It 12:15-1:00pm (MPR)	Chair Yoga 12:15-1:00 pm (MPR)	SilverSneakers® Classic 11:00-11:45 am (MPR)	Fitness-on-Demand Stretch 3:00-3:30 pm	
Joint Flexibility 1:00-1:45 pm (P)	Fitness-on-Demand Daily 3:30-4:00 pm	Joint Flexibility 1:00-1:45 pm (P)	Easy Does It 12:15-1:00pm (MPR)	Fitness-on-Demand Daily 3:30-4:00 pm	
Tai Chi Walk 1:05-1:35 pm (MPR)	BODYPUMP® 5:15-6:15 pm (MPR)	Tai Chi Walk 1:05-1:35 pm (MPR)	Fitness-on-Demand Daily 3:30-4:00 pm	Aquacise-shallow 5:15-6:00 pm (P)	
Fitness-on-Demand Stretch 3:00-3:30 pm		Total Training 2:00-3:00 pm (MPR)	BODYPUMP® 5:15-6:15 pm (MPR)	Aquacise-deep 5:15-6:00 pm (P)	
Fitness-on-Demand Daily 3:30-4:00 pm		Fitness-on-Demand Stretch 3:00-3:30 pm		Fitness-on-Demand Kids 6:30-7:00 pm	
Aquacise-shallow 5:15-6:00 pm (P)		Fitness-on-Demand Daily 3:30-4:00 pm			
Aquacise-deep 5:15-6:00 pm (P)		Aquacise-shallow 5:15-6:00 pm (P)			
STRONG® 5:00-5:45 pm (MPR)		Aquacise-deep 5:15-6:00 pm (P)		*New Classes Starting in September	
Yoga-Vinyasa 6:00-7:05 pm (MPR)		Fitness-on-Demand Cycling 5:30-6:30 pm			

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



Health & Wellness



Fitness-On-Demand Virtual Classes listed are Pre-Scheduled and play in (MPR). Come in and pick any of 750+ classes when a live class is not scheduled

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