



# SHELBY YMCA 2019 FALL FITNESS SCHEDULE

## FALL FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Bootcamp (GYM)	5:30AM Group Run (LOBBY)	9:00-10:00AM AquaDance Silver (POOL)	5:30AM Group Run (LOBBY)	5:15-6:00AM Bootcamp (GYM)	5:30AM Group Run (Girl Scout House)
9:00-10:00AM AquaDance Silver (POOL)	7:30-8:30AM SilverSplash (POOL)	10:00-11:00AM D. Water Aerobics (POOL)	7:30-8:30AM SilverSplash (POOL)		9:00-10:00AM ReFIT (MPR)
10:00-11:00AM D. Water Aerobics (POOL)	10:00-11:00AM Athritis (POOL)	1:00-2:00PM AquaNastics (POOL)	9:00-10:00AM QiGong-TaiChi (MPR)		
1:00-2:00PM AquaNastics (POOL)	6:00-7:00PM Tabata (SDS)	4:30-5:15PM Pilates Fusion (SDS)	10:00-11:00AM Athritis (POOL)		
4:30-5:15PM Pilates Fusion (SDS)	6:15-7:00PM D. Water Aerobics (POOL)	6:00-7:00PM ReFIT (GYM)	6:00-7:00PM Tabata (SDS)		
6:00-7:00PM ReFIT (GYM)		6:15-7:00PM AquaJogging (POOL)	6:15-7:00PM D. Water Aerobics (POOL)		
6:15-7:00PM AquaJogging (POOL)			7:00-8:00PM Yoga (MPR)		
				<b>KEY:</b>	
				SDS = Small Dance Studio	
				MPR = Multi-Purpose Room	

### Contact Information

Travis Yoakum, Sr. Program Director - tyoakum@shelbyymca.org  
 111 W. Smiley Ave. Shelby , OH 44875  
 Website: www.shelbyymca.org - Phone Number: (419)-347-1312  
 Text @yfitness19 to 81010 for text message alerts

### Childwatch

Household Members - FREE / Non-Members \$2  
 M-Th: 9:00A -10:30A & 6:00P-8:00P / Sat: 9:00A-11:00A

### Pickleball

Wednesday Mornings at 9:00AM, ALL ARE WELCOME!!!