



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Daviess County YMCA

Group Exercise Schedule Fall 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-7:00am	Early Risers Step	Tone Express	Early Risers Step	Tone Express	Closed	Closed	Closed
7:00AM-8:00AM	Closed	Closed	Closed	Closed	Closed	Closed	
8:00am-9:00am	Closed	Boot Camp (Begins @8:15am)	Closed	Boot Camp (Begins @8:15am)	Closed	Strength Train Together	
9:00am-10:00am	Silver Sneakers (Begins @9:30am)	Boot Camp (Ends @9:15am)	Silver Sneakers (Begins @9:30am)	Boot Camp (Ends @9:15am)	Closed	Closed	Closed
10:00am-11:00am	Silver Sneakers (Ends @10:30am)	Closed	Silver Sneakers (Ends @10:30am)	Closed	Closed	Closed	Closed
11:00am-5:00pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
5:00pm-6:00pm	Closed	Strength Train Together (Begins @5:30pm)	Yoga (Begins @5:30 pm)	Strength Train Together	Closed	Closed	Closed
6:00pm-7:00pm	Closed	STT (Ends @6:30pm)	Yoga (Ends @6:30 pm)	Cycling (Begins @6:30pm)	Closed	Closed	Closed
7:00pm-8:00pm	Closed	Closed	Closed	Cycling (Ends @ 7:30pm)	Closed	Closed	Closed
8:00pm-9:30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Schedule subject to change/ All classes are held downstairs in the aerobic studio