

FITNESS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30							
5:45							
6:00							
6:15		Y Strong 6-7 (days vary)					
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45		Y Strong & Lean 8:30-9:30		MOSSA Group Power 8:30-9:30	Relax & Roll 8:30-9:30	MOSSA Group Power 8:30-9:30	
9:00							
9:15							MOSSA Group Power 9:00-10:00 (Starts 10-10)
9:30		Total Body Training 9:30-10:30	MOSSA Group Power 9:30-10:30	Barbell, Cardio & Core 9:30-10:15	MOSSA Group Power 9:30-10:30	Cycle, Core & More 9:30-10:30	
9:45							
10:00							
10:15							
10:30							
10:45		BOOM Move, Muscle & Mind 10:45-11:15	SS Stability 10:45-11:30	BOOM Move, Muscle & Mind 10:45-11:15	SS Stability 10:45-11:30	BOOM Move, Muscle & Mind 10:45-11:15	
11:00							
11:15		Ener-Chi 11:15-11:45				Ener-Chi 11:15-11:45	
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
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3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00		MOSSA Group Power 5-6	Barbell, Cardio & Core 5-6	MOSSA Group Power 5-6	Cycling Drop In *See Member Services for fee 5-6		
5:15							
5:30							
5:45		Zumba 6-7	Zumba 6-7	Zumba 6-7	Zumba 6-7		
6:00							
6:15							
6:30							
6:45							
7:00			Karate 7-8		Karate 7-8		
7:15							
7:30							
7:45							

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