



J. A. Walters Family YMCA

**SUBJECT TO CHANGE AT ANY TIME
SCAN TO SAVE TO DEVICE**

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POUND CLASSES

**Tues 6:30 pm
Sat 10:15 am**

CYCLING CLASSES

**Mon 8:30 am
Wed 4:30 pm**

BEGINNER STRENGTH CLASS

Wed 11:15 am

TRX CLASSES

**Mon 9:15 am
Wed 8:30 am
Wed 4:30 pm**



INT/ADVANCED CLASSES

**Mon 5:30 pm
Tues 8:30 am
Tues 5:30 pm
Thurs 8:30 am
Fri 8:30 am**

ZUMBA/ DANCE CLASSES

**Mon 4:30 pm
Tues 11:00 am
Wed 5:30 pm
Fri 5:30 pm**

AQUA CLASSES

**Mon 8:30 am
Mon 9:30 am
Wed 8:30 am
Fri 8:30 am**

YOGA CLASSES

**Mon 10:00 am
Mon 5:30 pm
Tues 4:30 pm
Wed 10:00 am
Thurs 10:30 am
Thurs 5:30 pm
Fri 9:30 am
Sat 9:00 am**

**BARRE CLASS
Thurs 10:00 am**

**PILATES CLASS
Tues 9:30 am**

TRX classes are limited, reservations recommended.