

TON FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**JANUARY 2025**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>Kettle Bell Strength &amp; Conditioning</b> (Studio) 8:00-8:45am Jamie	<b>Strength &amp; Conditioning</b> (Studio) 8:00-8:45am Dave	<b>BODYPUMP™</b> (Studio) 6:15am-7am Becky	<b>Strength &amp; Conditioning</b> (Studio) 8:00-8:45am Dave	<b>Bands &amp; Body Weight</b> (Studio) 8:00-8:45am Dave	
	<b>Silver Sneakers Circuit</b> (Gym) 9:15-9:45am Annette	<b>Healthy Back</b> (Studio) 9:00-9:45am Dave	<b>Kettle Bell Strength &amp; Conditioning</b> (Studio) 8:00-8:45am Jamie	<b>Healthy Back</b> (Studio) 9:00-9:45am Dave	<b>Core &amp; More</b> (Studio) 9:00-9:45am Dave	
	<b>Silver Sneakers Classic</b> (Gym) 10:00-10:45am Jen	<b>Yoga</b> (Studio) 10:00-11:00am Sarah	<b>Yoga</b> (Studio) 10:00-11:00am Sarah	<b>Yoga</b> (Studio) 10:00-11:00am Sarah	<b>Silver Sneakers Classic</b> (Gym) 9:30-10:15am Jen	<b>Aqua Cycle</b> (Pool) 9:00-9:45am Rebecca
	<b>Zumba®</b> (Studio) 10:00-10:45am Annette	<b>Silver Sneakers Circuit</b> (Gym) 10:00-10:45am Jen	<b>Silver Sneakers Classic</b> (Gym) 10:00-10:45am Choon	<b>Silver Sneakers Circuit</b> (Gym) 10:00-10:45am Jen	<b>Silver Sneakers Enerchi</b> (Gym) 10:30-11:15am Jen	<b>BODYPUMP™</b> (Studio) 10:00-11:00am Anthony
		<b>Silver Sneakers Yoga</b> (Gym) 11:00-11:45am Jen	<b>Group Cycling</b> (Studio) 11:15am-12:00pm Sarah	<b>Silver Sneakers Yoga</b> (Gym) 11:00-11:45am Jen		<b>Yoga</b> (Studio) 11:15-12:15pm Sarah
	<b>Aqua Cycle</b> (Pool) 6:30-7:15pm Rebecca	<b>Les Mills BODYPUMP™ EXPRESS</b> 5:30pm – 6:00pm Katarina	<b>Aqua Cycle</b> (Pool) 6:30-7:15am Rebecca	<b>NEW Les Mills BODYBALANCE™</b> 5:30pm-6:30pm Katarina		
		<b>BODYBALANCE™</b> 6:00pm-6:30pm Katarina				

## Branch Hours:

**Monday - Friday 6:00 am - 8:00 pm**

**Saturday 8:00 am -1:00 pm**

**Child Watch Monday – Friday 4:00 – 7:30 pm**

Ages 3 months-12 years \*YMCA Members only\*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

## WELLNESS CENTER

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Do not need to be accompanied by an adult.
- Allowed to use track and cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old

**Mature behavior is expected in all areas and the YMCA reserves the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.**