



Warren County YMCA

Group Cycle Classes / Functional Fitness Room / Body Pump 101

***** August 20 - August 31, 2018 *****

*Cycle Studio & Functional Fitness Room located upstairs

Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
6:00 - 7:00 am Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE!! Functional Fitness Room Instructor: Jena Fox	5:15 - 6:00 am **Punch Card Cycle Class Instructor: Lisa	6:00 - 7:00 am Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE!! Functional Fitness Room Instructor: Jena Fox	5:15 - 6:00 am **Punch Card Cycle Class Instructor: Lisa		
	8:15-9:00 am **Punch Card Cycle Class Instructor: Dede		8:15-9:00 am **Punch Card Cycle Class Instructor: Dede	8:30 - 9:30 am (8/24/18 only) Body Pump 101 for Beginners Instructor: Chris Group Exercise Studio	
12:00 - 1:00 pm Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE! Functional Fitness Room Instructor: Jena Fox		12:00 - 1:00 pm Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE! Functional Fitness Room Instructor: Jena Fox		12:00 - 1:00 pm Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE! Functional Fitness Room Instructor: Jena Fox	Updated 08/15/2018
	5:00 - 7:00 pm Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE! Functional Fitness Room Instructor: Jena Fox		5:00 - 7:00 pm Functional Fitness Circuit Stop in at any time during this hour. (Circuits run 13 minutes each.) FREE! Functional Fitness Room Instructor: Jena Fox		

** **PUNCH CARD CYCLE CLASSES** : (You are only charged for the classes you attend!)

- Purchase a punch card at the front desk. Cost is \$4.00/hour members; \$8.00/hour non-members. (Punch cards available with 5, 10 or 20-hour increments)
- Call or stop at the front desk ONE (1) DAY AHEAD to reserve your bike.**
- 5 week session classes – please register at the Front Desk prior to start of session.
- Please call** the YMCA if you reserved a bike and need to cancel *****
- Reserved bicycles are forfeited at class start time. **If you are not on your bike** when class begins, walk-ins will be accepted in your place.
- Stop by the front desk for additional details.

Bring your WATER bottle to class!