

# YMCA Youngsville Branch Group Fitness

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3 A-Team 12:30-1p	4	5	6 CLOSED
7 Youth Rec 3-4:30p GGW 7-9p	8 <u>Total Body w/ Jill</u> 4:30-5:15p	9 Youth Rec 3-4:30p GGW 7-9p	10 A-Team 12:30-1p <u>Total Body w/ Jill</u> 4:30-5:15p	11 Youth Rec 3-4:30p GGW 7-9p	12	13 CLOSED
14 Youth Rec 3-4:30p GGW 7-9p	15 <u>Total Body w/ Jill</u> 4:30-5:15p	16 Youth Rec 3-4:30p GGW 7-9p	17 A-Team 12:30-1p <u>Total Body w/ Jill</u> 4:30-5:15p	18 Youth Rec 3-4:30p GGW 7-9p	19	20 CLOSED
21 Youth Rec 3-4:30p GGW 7-9p	22 <u>Total Body w/ Jill</u> 4:30-5:15p	23 Youth Rec 3-4:30p GGW 7-9p	24 A-Team 12:30-1p <u>Total Body w/ Jill</u> 4:30-5:15p	25 Youth Rec 3-4:30p GGW 7-9p	26	27 CLOSED
28 Youth Rec 3-4:30p GGW 7-9p	29 <u>Total Body w/ Jill</u> 4:30-5:15p	30 Youth Rec 3-4:30p GGW 7-9p	31 A-Team 12:30-1p <u>Total Body w/ Jill</u> 4:30-5:15p			

Group Exercise PUNCH CARDS Available for ANY Group Fitness opportunity w/Instructor **NO PAY PER CLASS OPTION**

ANY Group Fitness opportunity WITHOUT an instructor has no cost. Member/Non-Member facility check in rules/rates apply.

\*There is a separate schedule for Indoor Cycling available upon request.