

Winter/Spring Health & Fitness Schedule 2011

HEALTH & FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 am Boot Camp Gym		5:15-6:15 am Boot Camp Gym		5:15-6:15 am Boot Camp Gym	
9:00-10:00 am 2011 Moves and Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2011 Moves and Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2011 Moves and Grooves Program Room	8:00-9:00 am Saturday Morning Aerobics Gym
	9:00-10:00 am SilverSneaker® II Cardio Circuit Gym		9:00-10:00 am SilverSneaker® II Cardio Circuit Gym		
10:30-11:30 am Tai Chi Program Room		10:30-11:30 am Tai Chi Program Room		10:15-11:15 SilverSneakers® YogaStretch Program Room	
10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	11:30-12:30 Drop 10 In 10 Program Room Jan 21-Mar 25	
11:45 am-1:00 pm Discover Relaxation Within Program Room Jan 17 -Feb 14	12:15 -1:00 pm Lunchtime Power Hour Gym B	11:45 am-12:30 pm Eat Well for Life I Program Room Jan 19-Feb 23	12:15 -1:00 pm Lunchtime Power Hour Gym B		
1:00-1:45 pm YogaStretch Program Room	1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym		1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym	1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym	
2:00-3:00 SilverSneakers® I Muscular Strength Gym		2:00-3:00 SilverSneakers® I Muscular Strength Gym			
	4:00-5:00 pm Totally Lean Lite Program Room		4:00-5:00 pm Totally Lean Lite Program Room		
	5:30-6:30 pm Drop 10 In 10 Program Room Jan 18-Mar 22				
5:30-6:30 pm Y Corps Gym	5:30-6:30 pm Step It Lean Gym	5:30-6:30 pm Y Corps Gym	5:30-6:30 pm Step It Lean Gym		
	6:45-7:45 pm ZUMBA Program Room	6:30-7:15 pm Eat Well for Live Program Room Jan 19-Feb 23			
		7:30-8:30 Yoga Program Room			

This schedule is subject to change. Please call ahead to check space availability. 535-8381

FINANCIAL ASSISTANCE

At the Greater Johnstown Community YMCA we accept applicants for membership financial aid or program participation without regard to race, religion, color, sex, age, national origin, veteran status or disability. Scholarship applications are available at the Front Desk.

