



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT FITNESS SCHEDULE

GRUNDY FAMILY YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Summer 2017 Sessions</p> <p>Session 1 Jun. 5 – Jul. 7 (5 weeks)</p> <p>Session 2 Jul. 17 – Aug. 18 (5 weeks)</p> <p>Locations The Upper Elementary is located at 1001 8th St. in Grundy Center.</p> <p>Studio 1, 2 & 3 are located in the Upper Elementary building.</p> <p>Registration Policy Online Registration is available at www.blackhawkymca.org Under the Grundy Center tab. Registrations are also taken at the YMCA Fitness Center. Registration is on a first-come, first-served basis. Payment is due at the time of registration.</p>	5:15-6:00am Outdoor Boot Camp HS Track Andrew	5:15-6:00am Kickboxing & Core Upper Elem Gym Brandi Session 1 Only	5:15-6:00am Outdoor Boot Camp HS Track Andrew	5:15-6:00am Kickboxing & Core Upper Elem Gym Brandi Session 1 Only	5:15-6:00am Outdoor Boot Camp HS Track Andrew	
	8:00-8:45am Water Aerobics AmericInn Teresa	7:00-7:45am Senior Fitness Fitness Center Teresa	8:00-8:45am Water Aerobics AmericInn Teresa	7:00-7:45am Senior Fitness Fitness Center Teresa	8:00-8:45am Water Aerobics AmericInn Teresa	
	8:15-9:15am Boot Camp & Cardio Upper Elem. Gym Becky	8:15-9:15am Boot Camp & Cardio Elem Grass Field Cindy	8:15-9:15am Boot Camp & Cardio Upper Elem. Gym Becky	8:15-9:15am Boot Camp & Cardio Elem Grass Field Cindy		
		9:30-10:30am Senior Fitness Arlington Place		9:30-10:30am Senior Fitness Arlington Place		
	3:15-4:00pm Senior Fitness Fitness Center Sandi	3:00-3:45pm Indoor Cycling Studio 1 Amber	3:15-4:00pm Senior Fitness Fitness Center Andrew	3:00-3:45pm Indoor Cycling Studio 1 Amber	3:15-4:00pm Senior Fitness Fitness Center Sandi	
	5:30-6:15pm Ultimate Core Fitness Center Teresa	5:30-6:15pm Row & Burn Studio 1 Pam	5:30-6:15pm Ultimate Core Fitness Center Teresa	5:30-6:15pm Row & Burn Studio 1 Pam		
	6:00-7:00pm Yoga Studio 1 Jessica		6:00-7:00pm Yoga Studio 1 Jessica			
	5:00-7:00pm Pickleball Upper Elem. Gym Belpre Park		6:00-7:30pm Pickleball Upper Elem. Gym Belpre Park		6:00-7:30pm Pickleball Upper Elem. Gym Belpre Park	