



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOBART FAMILY YMCA

Weekly FITNESS Calendar

October 29th – December 22nd, 2018

	M	T	W	Th	F
MORNING	Pure Fitness Janice (1,2) Gym 8:15 – 9:15 am H.I.I.T Randi (2,3) AR 9:30 – 10:15 am Zumba® Janice (1,2,3) Gym 9:30 – 10:15 am	Cardio & Strength Danielle (2,3) AR 9:30 – 10:15 am (Start Date: 11/6) Full Body Blast Danielle (2,3) AR 10:30am-11:15am (Start Date: 11/6)	Pure Fitness Janice (1,2) Gym 8:15 – 9:15 am Zumba® Janice (1,2,3) Gym 9:30 – 10:15 am H.I.I.T Randi (1,2,3) AR 9:30 – 10:15 am	Full Body Blast Danielle (2,3) AR 9:30-10:15am (Start Date: 11/8) Total Knockout Danielle (2,3) AR 10:30am- 11:15am (Starts Date: 11/8)	Pure Fitness Janice (1,2) Gym 8:15 – 9:15 am Cardio Drumming Danielle (1,2,3) Gym 9:30 – 10:15 am (Start Date: 11/9)
	EVENING	Cardio & Strength Danielle (2,3) AR 5:30 – 6:15 pm (Start Date: 11/5) On The Ball Rebekah (1,2,3) AR 6:30 – 7:15 pm	Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm Cardio Drumming Danielle (1,2,3) MPR 6:30 – 7:15 pm (Start Date: 11/6)	Express Tabata Rebekah (2,3) AR 5:45p-6:15p On The Ball Rebekah (1,2,3) AR 6:30 – 7:15 pm <div style="background-color: #cccccc; padding: 5px;"> Tai Chi/Self Defense & Karate 10 yrs & up Master Howard (1,2,3) MPR 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks </div>	Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm

FREE FOR MEMBERS!

Unless there is a price listed these classes are FREE for Hobart YMCA Members! No need to register for our free for members classes, just come on in, have fun & stay fit with us!

BRING A FRIEND!

Non-member participants must visit the Welcome Center to complete a waiver & pay \$5 per class/per visit before participating in any classes.

Schedule Guide

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
AR: Aerobics Room; FC: Fitness Center;
MPR: Multi-Purpose Room

Highlighted Class(s) require advanced registration.