





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HOBART FAMILY YMCA

**Weekly FITNESS Calendar**  
September 4<sup>th</sup> – October 27<sup>th</sup>, 2018

	M	T	W	Th	F
<b>MORNING</b>	<p><b>Pure Fitness</b> Janice (1,2) Gym 8:15 – 9:15 am</p> <p><b>Hardcore H.I.I.T</b> Randi (2,3) AR 9:30 – 10:15 am</p> <p><b>Zumba®</b> Janice Gryfakis (1,2,3) Gym 10:45 – 11:30 am</p>	<p><b>Cardio &amp; Strength</b> Danielle (2,3) AR 9:30 – 10:15 pm</p>	<p><b>Pure Fitness</b> Janice (1,2) Gym 8:15 – 9:15 am</p> <p><b>Cardio Drumming</b> Danielle (1,2,3) AR 9:45 – 10:35 am</p>	<p><b>Hardcore H.I.I.T</b> Randi (1,2,3) AR 9:45 – 10:30 am</p>	<p><b>Pure Fitness</b> Janice (1,2) Gym 8:15 – 9:15 am</p> <p><b>Zumba®</b> Janice Gryfakis (1,2,3) Gym 9:45 – 10:30 am</p>
<b>EVENING</b>	<p><b>Cardio &amp; Strength</b> Danielle (2,3) AR 5:30 – 6:20 pm</p> <p><b>On The Ball</b> Rebekah (1,2,3) AR 6:30 – 7:15 pm</p>	<p><b>Fit &amp; Firm</b> Patricia (2,3) AR 5:30 – 6:15 pm</p> <p><b>Cardio Drumming</b> Danielle (1,2,3) AR 6:30 – 7:20 pm</p>	<p><b>On The Ball</b> Rebekah (1,2,3) AR 6:30 – 7:15 pm</p> <p><b>Tai Chi/Self Defense &amp; Karate 10 yrs &amp; up (1,2,3)</b> gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p>	<p><b>Fit &amp; Firm</b> Patricia (2,3) AR 5:30 – 6:15 pm</p>	

**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  
**Highlighted Class(s) require advanced registration.**