



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOBART FAMILY YMCA

Weekly FITNESS Calendar
September 4th – October 27th, 2018

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