

FITNESS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30							
5:45							
6:00							
6:15		Y Strong					
6:30		6-7					
6:45		(days vary)					
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45		Y Strong & Lean		Y Strong & Lean	Relax & Roll	Y Strong & Lean	
9:00		8:30-9:30		8:30-9:30	8:30-9:30	8:30-9:30	
9:15							
9:30							MOSSA Group Power
9:45		Total Body Training	MOSSA Group Power	Barbell, Cardio & Core	MOSSA Group Power	Cycle, Core & More	9:00-10:00
10:00		9:30-10:30	9:30-10:30	9:30-10:15	9:30-10:30	9:30-10:30	(Starts 10-10)
10:15							
10:30							
10:45							
11:00		BOOM Move, Muscle & Mind 10:45-11:15	SS Stability 10:45-11:30	BOOM Move, Muscle & Mind 10:45-11:15	SS Stability 10:45-11:30	BOOM Move, Muscle & Mind 10:45-11:15	
11:15		Ener-Chi 11:15-11:45				Ener-Chi 11:15-11:45	
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15		MOSSA Group Power 5-6	Barbell, Cardio & Core 5-6	MOSSA Group Power 5-6	Barbell, Cardio & Core 5-6		
5:30							
5:45							
6:00		Zumba 6-7	Zumba 6-7	Zumba 6-7	Zumba 6-7		
6:15							
6:30							
6:45							
7:00							
7:15			Karate 7-8		Karate 7-8		
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							

BARBARA B. JORDAN YMCA
 2039 E. Morgan St.
 Martinsville, IN 46151
 765-342-6688 bbjymca.org

