

### Standard Monday

6a-7a Core Cycle (cycle)  
 8:30-9:10a Crunk (cycle)  
 9:15-9:30a Abs  
 9:30-10:30a Zumba in the Dark  
 10:30-11:30a Yoga  
 4:00-4:45p TRX  
 5:30-6:30p Ignition  
 5:30-6:30p Aqua Attack (pool)

### Standard Wednesday

6-6:55a Cardio & Lower  
 8:30-9:30a SweatShop  
 9:30-10:30a Zumba in the Dark  
 10:30-11:30a Yoga  
 4:45-5:30p Crunk (cycle)  
 5:30-6:30p Sweatshop

### Standard Friday

6-6:55am Absolutely  
 8:30-9:30a Power Cut  
 9:30-10:30 Zumba in the dark  
 10:30-11:30a Yoga  
 5:15-6:15p Yoga

### Y Full Service Hours

Monday 5a-9p  
 Tuesday 5a-9p  
 Wednesday 5a-9p  
 Thursday 5a-9p  
 Friday 5a-8p  
 Saturday 8a-3p  
 Sunday 2-5p  
 24/7 fitness available for members 18 and over

### Standard Tuesday

6-7a All About Arms  
 8:30-9:30a Ignition  
 9:30-10:30 Zumba  
 Noon - 1p TRX  
 4-5p Torch & Tone  
 5-5:15p Abs  
 5:30-6:30p Power CUT  
 5:30-6:30p Tai Chi (track)

### Standard Thursday

6a-7a All About Arms  
 8:30a-9:30a 20/20/20  
 9:30a-10:30a Zumba  
 10:30-11:30a Tai Chi  
 Noon - 1pm TRX  
 4:00 - 4:45p TRX  
 4:50-5:10p ABS  
 5:30-6:30p Zumba in the Dark  
 5:30-6:30 Ignition (gym)  
 6:45-7:30p Warrior Workout

### Standard Saturday

9-10a Instructor's Choice

### Child Development Center

Ages 6wks - 7yrs  
**Youth Fitness ZONE ages 7-12 yrs.**  
 Mon - Fri 8a-11:30am  
 Mon - Fri 4:30p-8p  
 Sat 9a - 11:30am  
 Sunday Closed

These services are for children attached to a Family membership and are enforced.

**2 hour MAXIMUM time in child watch and Youth Zone per DAY**



## GROUP FITNESS MAY

- Please note \*\* New Hours in the Child Development Center and Youth Fitness Zone \*\*
- Sign your child up for swimming lessons at the Y
- Summer Day Camp runs all day all Summer ages 4-12

### SUMMER SPORTS CAMPS FOR KIDS

British Soccer Camp Jun 18-22

Beginner Golf Clinics June

Intermediate Golf Clinics May & July

Details at the business office or website

Mon	Tue	Wed	Thu	Fri	Sat
	1 Standard	2 Standard	3 No Ignition At 5:30pm	4 Standard	5 Standard
7 Standard	8 Standard	9 Standard	10 Standard	11 Standard	12 Standard
14 Standard	15 Standard	16 Standard	17 Standard	18 Standard	19 Standard
21 Standard	22 Standard	23 Standard	24 Standard	25 Standard	26 No classes No staff
28 No classes No staff Memorial Day	29 Standard	30 Standard	31 standard	912-285-8660 <a href="http://www.ymcawaycross.org">www.ymcawaycross.org</a>	