

Tradition Family YMCA

6:00 AM - 9:30 AM Group Gr	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM — 10:30 AM — Room Room Room Room Room Room Room Ro		Group	Group	-	Group	Group	
10:30 AM	9:30 AM -	Fitness	Fitness	YOGA	Fitness	Fitness	
10:30 AM	10:30 AM	Room	Room	Buck	Room	Room	
TRADITION YMCA CLOSED 12:00 NOON Until 3:00 PM		Open	Open	-	Open	Open	=
3:00 PM — 4:30 PM 5:15 PM Group Fitness Fitn							
### ### ##############################	TRADITION	YMCA	CLOSED	12:00 NOON	Until	3:00 PM	
ARTS AND FITNESS A:30-5:15 A-7 Years Room			=				
## ## ## ## ## ## ## ## ## ## ## ## ##					Group		
Sensei D. Pruitt KIDS MARTIAL ARTS AND FITNESS Fitness 5:15-6:00 8 years & Up Comparison Sensei D. Pruitt Open Fitness Fitness Fitness Fitness Fitness Fitness Fitness Foom Room Room Group Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Foom Fitness Fitness Room Fitness Fritness Room Fitness Fritness Room Fitness Room Fitness Room Fitness Room	4:30 PM				Fitness		
S:15 PM Group Fitness Fitness S:15-6:00 8 years & Up Sensei D. Pruitt Open Group Fitness Fitness Fitness Room Group Fitness			4-7 Years		Room		
S:15 PM Group Fitness Fitness Fitness Fitness					Open		
Fitness S:15-6:00 Fitness Room Room Room Sensei D. Pruitt Open Open Open Group Fitness Group Fitness Room Fitness Group Fitness Room Fit	5:15 PM	Group	ARTS AND	Group		Group	
Sensei D. Pruitt		Fitness	5:15-6:00	Fitness		Fitness	
6:00 PM	5:30 PM	Room		Room		Room	
Group		Open	Senser B. Trunce	Open		Open	
6:30 PM – Room Fitness Room Room	6:00 PM		Group				
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			Room		Fitness		
	0.00 1 191		Open				

Class Descriptions:

<u>Ladies N'Shape & Kickboxing:</u> *PENDING CLASS* Includes conditioning, strength & extreme cardio, weight loss workouts, boxing, kick boxing, self defense and more!

KIDS & YOUTH Martial Arts & Fitness: Traditional Martial Arts, fitness, body development drills, boxing, kick boxing, bully defense, leadership and life skills training. *\$55/Month*

YOGA: De-stress and relax, build strength, flexibility and tone using yoga postures and breathing techniques.

20/20/20: This class has it all! Includes several exercise formats, cardio and strength. A total body workout!

Group Fitness Room open: During this time please feel free to use the Group Fitness Room for free fitness/exercise/stretching time!