



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tradition Family YMCA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM – 9:30 AM	Group	Group	Group Fitness Room Open	Group	Group	OPEN AT 8:00 AM
9:30 AM – 10:30 AM	Fitness Room	Fitness Room	YOGA Buck	Fitness Room	Fitness Room	
10:30 AM – 12:00 NOON	Open	Open	Group Fitness Room Open	Open	Open	Group Fitness Room Open CLOSE AT 12:00 NOON
TRADITION	YMCA	CLOSED	12:00 NOON	Until	3:00 PM	
3:00 PM – 4:30 PM		Group Fitness Room Open				
4:30 PM		KIDS MARTIAL ARTS AND FITNESS 4:30-5:15 4-7 Years Sensei D. Pruitt		Group Fitness Room Open		
5:15 PM	Group Fitness Room Open	KIDS MARTIAL ARTS AND FITNESS 5:15-6:00 8 years & Up Sensei D. Pruitt	Group Fitness Room Open		Group Fitness Room Open	
5:30 PM						
6:00 PM		Group Fitness Room Open				
6:30 PM – 8:00 PM				Group Fitness Room Open		

Class Descriptions:

Ladies N'Shape & Kickboxing: **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!