FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tradition Family YMCA

Summer Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM – 9:30 AM	*Group Fitness Room Open*	*Group Fitness Room Open*	*Group Fitness Room Open*	*Group Fitness Room Open*	*Group Fitness Room Open*	**Open @8:00** *Group Fitness Room Open* **Close @12:00**
9:30 AM – 10:30 AM			**YOGA 9:30-10:30** ***Buck***			
10:45-11:45			**WATER AEROBICS 10:45-11:45** ***Kelly***			
12:00 PM						
11:45 AM – 4:30 PM						
4:30 PM		**KIDS MARTIAL ARTS** **4:30-5:15** **4-7 Years** ***Sensei D. Pruitt***				
5:00 PM						
5:15 PM		**KIDS MARTIAL ARTS** **5:15-6:00** **8 and Up** ***Sensei D. Pruitt***				
5:30 PM						
6:00 PM						
6:15 PM	**20/20/20** **6:15-7:15** ***Gary***		**20/20/20** **6:15-7:15** ***Gary***			
7:15-8:00 PM	*Group Fitness Room Open*		*Group Fitness Room Open*			

Class Descriptions:

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!