



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FALL / WINTER AEROBICS SCHEDULE

DAVISS COUNTY FAMILY YMCA

Aerobics Schedule Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 Step	6:00-7:00 Tone	6:00-7:00 Step	6:00-7:00 Tone	6:00-7:00 Strength Train Together		
	8:30-9:30 Boot Camp		8:30-9:30 Boot Camp			
9:30-10:30 Yoga		9:30-10:30 Yoga				
	10:30-11:30 Silver Sneakers		10:30-11:30 Silver Sneakers			
		3:00-3:45 Beginners Tumbling				
	4:00-5:00 Strength Train Together	4:00-5:55 Level 3 & 4 5 Tumbling	4:00-5:00 Strength Train Together	4:00-5:55 Beginners Tumbling		
	5:00-6:00 Strength Train Together		5:00-6:00 Strength Train Together	5:00-6:55 Level 1 & 2 Tumbling		
	6:15-7:15 Cycling Evening		6:15-7:15 Cycling Evening			
6:30-7:30 Strength Train Together		6:30-7:30 Strength Train Together				
	7:30-8:30 Tae Kwon Do		7:30-8:30 Tae Kwon Do			

Daviess County Family YMCA
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