



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

LATE SUMMER UPDATED AUGUST 9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Class Notes</b>	8:30-9:30 Les Mills Body Pump	8:00-9:00 Morning Aerobics	8:30-9:30 Les Mills Body Pump	8:00-9:00 Morning Aerobics	8:00-9:00 Morning Aerobics	
<b>Nautilus Orientation</b> Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.		9:00-10:00 Strong by Zumba		9:00-10:00 Strong by Zumba	9:00-10:00 Zumba	9:00-10:00 Les Mills Body Pump
		10:00-11:00 Circuit & Stability		10:00-11:00 Circuit & Stability		
		11:00-11:45 Senior Stretch		11:00-11:45 Senior Stretch		
<b>Personal Training</b> Available by appointment – see front desk staff. \$20/session 2 people \$15/each 3 or more \$10/each	4:00-5:00 Gentle Yoga Beginners					
	5:00-6:00 H2O Aerobics	4:30-5:30 Zumba	5:00-6:00 H2O Aerobics	5:15-6:25 BOOM	5:00-6:00 H2O Aerobics	
<b>Child Watch</b> \$3/hr Y members; \$5/hr non-members. \$30/monthly unlimited for members for 2 children. Additional children \$15.00 each.	5:15-6:15 Les Mills Body Pump	5:30-6:30 BOOM	5:15-6:15 Les Mills Body Pump	5:30-6:30 High Energy Aerobics	5:30-6:30 Kettlebell Pump	
	5:30-6:30 Kettlebell Pump	5:30-6:30 High Energy Aerobics	5:30-6:30 Kettlebell Pump	5:30-6:30 Yoga		
Morning times: M 8:30-11:30AM T 9-noon W 8:30-11:30AM Th 9-noon F 9-noon	6:00-6:30 "24 Form" Tai Chi Intermediate		6:30-8:00 Elkins Shotokan	6:30-7:00 Beginning Yang Tai Chi		
	6:30-7:00 Beginning Yang Tai Chi			7:00-7:30 Intermediate "24 Form" Tai Chi		
	6:30-8:00 Elkins Shotokan					

**Facility Hours**  
M.-Th. 5AM-9PM  
F. 5AM-8PM  
SAT. 8AM-7PM  
SUN. Noon-5PM

Reserve the Less Mills Virtual classroom through the front desk. The virtual player offers five classes: Body Pump, Body Flow, Sh'Bam, CXWorx and Body Combat.



**ELKINS/RANDOLPH COUNTY YMCA**  
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