



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Free Youth Group Exercise Class Schedule

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---|--|---|--|--|--|---|
| Core & More Group Ex 8-8:50AM | Yoga Group Ex 8-8:55AM | Simply Stretch Group Ex 7:45-8:30AM | Yoga Group Ex 8-8:55AM | Simply Stretch Group Ex 7:45-8:30AM | Cycling Cycling Room 8:15-9AM | |
| Cycling Cycling Room 8:15-9AM | Bodyworks Rec-North 8-8:45AM | Cycling Cycling Room 8:15-9AM | Core & More Rec-North 8-8:40AM | Cycling Cycling Room 8:15-9AM | | |
| Step & Strength Rec-North 8:15-9AM | | Intervals Rec-North 8:15-9AM | | Kickboxing Rec-North 8:15-9AM | | |
| Pilates Group Ex 9-9:55AM | | Core & More Rec- North 9:15-10AM | | Yoga Group Ex 9-10AM | Yoga Group Ex 9:30-10:45AM | |
| Kickboxing Rec-North 9:15-10:10AM | Piyo Live Group Ex 10:30-11:30A | Pilates Group Ex 9:45-10:40AM | | Step & Strength Rec-North 9:15-10AM | | |
| Cycling Cycling Room 12:15-12:45P | Cycling Cycling Room 12:15-12:45P | | | Cycling Cycling Room 12-12:45PM | | Cycling Cycling Room 1:45-3:45PM |
| Cycling Cycling Room 4:15-4:45PM | Core & More Rec- North 4:15-4:45 PM | Cycling Cycling Room 4:15-4:45PM | Core & More Rec- North 4:15-4:45 PM | | | |
| | | Yoga Group Ex 4:15-5:15PM | Gentle Yoga Group Ex 4:15-5:15PM | | | |
| Zumba Group Ex 5:30-6:20PM | Zumba Group Ex 5:15-6:10PM | Kickboxing Rec-North 5:30-6:15PM | Zumba Group Ex 5:15-6:10PM | | | |
| | | Cycling Cycling Room 5:45-6:30PM | Cycling Cycling Room 5:45-6:30PM | | | |
| Cycling Cycling Room 5:45-6:30PM | Cycling Cycling Room 5:45-6:30PM | Yoga Group Ex 6:45-7:40PM | | | | |
| | Cycling Cycling Room 8-8:45PM | | Cycling Cycling Room 8-8:45PM | | | |

Youth ages 9-12 may attend classes with a parent or guardian ages 16 and older after they have completed a Youth My Fitness appointment with a fitness staff member. Wristbands must be worn in the class.

FOUR RIVERS FAMILY YMCA

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