



GROUP EXERCISE SCHEDULE

Winter 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Fusion Fitness 5:15am		Fusion Fitness 5:15am		
	Dance Fitness 8:15 AM	Fitness Ball 8:15 AM	Zumba 8:15 AM	Fitness Ball 8:15 AM	Dance Fitness 8:15 AM	
		PoundFit 9:00 AM	Yoga 9:15 AM	PoundFit 9:00 AM		Step Interval 9:30 AM
	Beginner Zumba 10:00 AM		Line Dancing 10:00 AM		Beginner Zumba 10:00 AM	Yoga 10:15 AM
		Express Yoga 12:15pm		Express Yoga 12:15pm		
	Body Blast 5:00 PM	Express Yoga Sculpt 5:00	Body Blast 5:00 PM	Express Yoga Sculpt 5:00		
	Step Interval 5:30pm	Butts n' Guts 5:30 PM	Step Interval 5:30 PM	Butts n' Guts 5:30 PM	Zumba 5:30 PM	
	Boot Camp 6:30 PM	PoundFit 6:00 PM	Boot Camp 6:30 PM	PoundFit 6:00 PM		

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Level II—III 8:15 AM		Level II—III 8:15 AM		Level II—III 8:30 AM
	Cycle Level III 12:15 PM		Cycle III 12:15 PM			
		Level II—III 5:00 PM		Level II—III 5:00 PM		
	Cycle Level I-II 5:30 PM		Cycle Level I-II 5:30 PM			

Water	Monday	Tuesday	Wednesday	Thursday	Friday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM	
	Water Aerobics 8:00 AM		Water Aerobics 8:00 AM		Water Aerobics 8:00 AM
	Rusty Hinges 9:00 AM	Water Aerobics 9:00 AM	Rusty Hinges 9:00 AM	Water Aerobics 9:00 AM	Rusty Hinges 9:00 AM
	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	

Classes:

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.



SALT FORK YMCA POOL SCHEDULE

Winter 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday & Inclement weather may effect the Aquatics Area availability.
Please call the YMCA at 886-9622 to check on closures or swim times.

Lightning Policy: In case of thunder/lightning storms, we will close the pool as recommended by YMCA of the USA guidelines. The pool will remain closed for 30 minutes after each detected lightning strike. Lifeguard on duty will make official decision on weather openings/closings.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Open swim/MPS High School Swim Team	Open Swim/MPS High School Swim Team	Open Swim/MPS High School Swim Team	Open Swim/MPS High School Swim Team	Open Swim/MPS High School Swim	Closed	Closed
6:00 AM	-	-	-	-	-	-	-
6:30 AM	-	Deep Water 6:45am-7:30am	-	Deep Water 6:45am-7:30am	-	-	-
7:00 AM	-	-	-	-	-	-	-
7:30 AM	-	Open Swim	-	Open Swim	-	Open Swim	-
8:00 AM	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am	-	Water Aerobics 8am-9am	=	-
8:30 AM	-	-	-	-	-	-	-
9:00 AM	Rusty Hinges 9am-10am	Water Aerobics 9am-10am	Rusty Hinges 9am-10am	Water Aerobics 9am-10am	Rusty Hinges 9am-10am	-	-
9:30 AM	-	-	-	-	-	-	-
10:00 AM	Swim Lessons 10:15-10:45am	-	Swim Lessons 10:15-10:45am	-	Open Swim	-	-
10:30 AM	-	-	-	-	-	-	-
11:00 AM	Open Swim	-	Open Swim	-	-	-	-
11:30 AM	-	-	-	-	-	-	-
12:00 PM	-	-	-	-	-	-	-
12:30 PM	-	-	-	-	-	-	-
1:00 PM	Closed	Closed	Closed	Closed	Closed	-	Open Swim
1:30 PM						-	
2:00 PM						-	
2:30 PM						-	
3:00 PM						-	
3:30 PM						-	
4:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	-	-
4:30 PM	-	-	-	-	-	-	-
5:00 PM	Swim Lessons 5:00-5:30pm	-	Swim Lessons 5:00-5:30pm	-	-	-	-
5:30 PM	-	-	-	-	-	Closed	Closed
6:00 PM	Deep Water 5:30pm-6:30pm	Aqua Zumba 5:30pm-6:30pm	Deep Water 5:30pm-6:30pm	Aqua Zumba 5:30pm-6:30pm	Closed	-	-
6:30 PM	-	-	-	-	-	-	-
7:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	-	-	-
7:30 PM	-	-	-	-	-	-	-
8:00 PM	Closed	Closed	Closed	Closed	-	-	-

Aquatics Area will close from 1:00pm—3:30pm, Monday through Friday beginning in August

Rules:

Minimum age of 10 to be in the Aquatics Area by yourself, otherwise you must be accompanied by a parent or guardian age 14 or older. During classes you may only swim the width of the pool.