



Multi-Purpose Room @ Dumont Tri-County YMCA (WV)

May 19th - May 25th

200 Carl's Lane
Scott Depot, WV 25560
(304) 757-0016

	MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24	SUN 25
5am	OPEN 5am - 6:45am	OPEN 5am - 8:15am	OPEN 5am - 6:45am	OPEN 5am - 8:15am	OPEN 5am - 8:15am		
7am	Cardio Blast YMCA Staff 7am - 7:45am		Cardio Blast YMCA Staff 7am - 7:45am			OPEN 7:30am - 7pm	
8am	Pilates/Core Blast YMCA Staff 8:30am - 9:15am	Yoga YMCA Staff 8:30am - 9:20am	Pilates/Core Blast YMCA Staff 8:30am - 9:15am	Yoga YMCA Staff 8:30am - 9:20am	Pilates/Core Blast YMCA Staff 8:30am - 9:15am		
9am	Tabata YMCA Staff 9:30am - 10:15am	OPEN 9:30am - 10pm	Tabata YMCA Staff 9:30am - 10:15am	OPEN 9:30am - 10pm	Zumba YMCA Staff 9:30am - 10:15am		
10am	OPEN 10:30am - 5:30pm		OPEN 10:30am - 5:30pm				
11am					Silver Sneakers Chair Yoga YMCA Staff 11am - 11:45am		
12pm					OPEN 12pm - 8pm		OPEN 12pm - 6pm
5pm	Zumba YMCA Staff 5:40pm - 6:25pm		ZUMBA Toning YMCA Staff 5:40pm - 6:25pm				
6pm	OPEN 6:45pm - 10pm		OPEN 6:45pm - 10pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.