



Caylor-Nickel Foundation Family YMCA
January 22nd - January 28th

550 W. Dustman Rd.
Bluffton, IN 46714
(260) 565-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Y Cycle 45/HR Cycling Room Stephanie B. 5:15am - 6am	Boot Camp Aerobics Room Cathie P. 5:15am - 6am	Y Cycle 45/HR Cycling Room Nicole H. 5:15am - 6am				Boot Camp Gym 2 (Right) Allison H 5:15am - 6am
6am		Boot Camp Gym 1 (Left) Tonya G. 6:15am - 7am		Y Cycle 45/HR Cycling Room Tonya G. 6:15am - 7am			Y Cycle 45/HR Cycling Room Tonya G. 6:15am - 7am
8am	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm	Child Watch Child Watch 8:30am - 12pm		Child Watch Child Watch 8:30am - 12pm
9am	Body Blast Aerobics Room Beth S. 9:15am - 10:15am	Yoga Aerobics Room Courtney D 9:15am - 10:15am	Cross X Aerobics Room Courtney Sp 9:15am - 10:15am	Y Cycle 30 Cycling Room Stephanie /Jami 9:15am - 9:45am	Swim Lessons Pool 9am - 11:30am		Y Cycle 45/HR Cycling Room Rose E. 9:15am - 10am
	Strength in Wellness Wellness Center Suzanne B. 9:15am - 10:15am	Y Cycle 30 Cycling Room Stephanie B. 9:15am - 9:45am	AquaFit Blast Pool Dana A. 9:15am - 10am	Yoga Aerobics Room Courtney D 9:15am - 10:15am	Kids Club Gym 2 (Right) 9am - 11am		T-N-T (Tighten & Tone) Aerobics Room Dana A. 9:15am - 10:15am
	AquaFit Blast Pool Carissa N 9:15am - 10am	T-N-T (Tighten & Tone) Gym 2 (Right) Stephanie B. 9:45am - 10:15am	Strength in Wellness Aerobics Room Suzanne B. 9:15am - 10:15am	Core 20 Gym 2 (Right) Stephanie /Jami 9:55am - 10:15am	Y Cycle 45/HR Cycling Room Matt E 9:15am - 10am		
10am	Pickleball Gym 1 (Left) 10am - 1pm	Pickleball Gym 1 (Left) 10am - 1pm	Pickleball Gym 1 (Left) 10am - 1pm	Pickleball Gym 1 (Left) 10am - 1pm			Pickleball Gym 1 (Left) 10am - 1pm
	SilverSneakers CardioFit® Aerobics Room Amy J. 10:45am - 11:15am		SilverSneakers Yoga® Aerobics Room Stacy T. 10:45am - 11:30am	SilverSneakers Classic® Aerobics Room Megan G. 10:45am - 11:45am			SilverSneakers Classic® Aerobics Room Jenae G. 10:45am - 11:30am
11am	SilverSneakers Circuit® Aerobics Room Amy J. 11:15am - 11:45am						
3pm	Early Learning Center Gym 2 (Right) 3pm - 4:30pm	Early Learning Center Gym 2 (Right) 3pm - 4:30pm	Early Learning Center Gym 2 (Right) 3pm - 4:30pm	Early Learning Center Gym 2 (Right) 3pm - 4:30pm			Early Learning Center Gym 2 (Right) 3pm - 4:30pm
4pm	Open Child Watch 4pm - 8pm	Open Child Watch 4pm - 8pm	Child Watch Child Watch 4pm - 8pm				Open Child Watch 4pm - 8pm
	Child Watch Child Watch 4pm - 8pm	Child Watch Child Watch 4pm - 8pm	Open Child Watch 4pm - 8pm				Child Watch Child Watch 4pm - 8pm
		Cross X Aerobics Room Courtney Sp 4:30pm - 5:15pm	Swim Lessons Pool 4pm - 6:15pm				

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.



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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
			RIPata Aerobics Room Susan R. 4:30pm - 5:30pm				
5pm	HIIT Aerobics Room Susan R. 5:30pm - 6:30pm	Yoga Aerobics Room Emily A. 5:30pm - 6:15pm	Kids Club Gym 2 (Right) 5:30pm - 7pm				Kids Club Gym 2 (Right) 5:30pm - 7pm
	Y Cycle 45 Cycling Room Matt E 5:30pm - 6:15pm		Cycle Sculpt Cycling Room Katie S 5:30pm - 6:15pm				Y Cycle 45/HR Cycling Room Nicole H. 5:30pm - 6:15pm
			20/20/20 Aerobics Room Amie H 5:40pm - 6:40pm				Aqua-Variety Pool Chelle G. 5:45pm - 6:30pm
6pm							Yoga Aerobics Room Emily A. 6:45pm - 7:45pm

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