



# Highland County YMCA

June 25th - July 1st

201 Diamond Drive  
Hillsboro, OH 45133  
937.840.9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
9am	<b>SILVERSNEAKERS® CLASSIC</b> Aerobics Studio Daryel U. 9am - 10am	<b>SILVERSNEAKERS CIRCUIT</b> Aerobics Studio Daryel U. 9am - 10am	<b>SILVERSNEAKERS® CLASSIC</b> Aerobics Studio Daryel U. 9am - 10am	<b>CYCLING</b> Cycling Studio Marion M. 9am - 10am	<b>BOOT CAMP</b> Aerobics Studio Instructor Rotation 9am - 10am		<b>CYCLING</b> Cycling Studio Marion M. 9am - 10am
	<b>AQUACISE</b> Indoor Pool YMCA Staff 9:15am - 10:15am	<b>AQUACISE</b> Indoor Pool YMCA Staff 9:15am - 10:15am	<b>YOGA</b> Cycling Studio Lynn A. 9am - 10am	<b>AQUACISE</b> Indoor Pool YMCA Staff 9:15am - 10:15am			<b>SILVERSNEAKERS CIRCUIT</b> Aerobics Studio Daryel U. 9am - 10am
		<b>CYCLING</b> Cycling Studio Jodi H. 9:45am - 10:45am	<b>AQUACISE</b> Indoor Pool YMCA Staff 9:15am - 10:15am	<b>CORE</b> Aerobics Studio Pam R. 9:30am - 10:15am			<b>AQUACISE</b> Indoor Pool YMCA Staff 9:15am - 10:15am
10am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool YMCA Staff 10:15am - 11:15am	<b>CIRCUIT TRAINING</b> Aerobics Studio Pam R. 10:15am - 11am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool YMCA Staff 10:15am - 11:15am	<b>DEEP WATER WORKOUT</b> Indoor Pool YMCA Staff 10:15am - 11:15am			<b>DEEP WATER WORKOUT</b> Indoor Pool YMCA Staff 10:15am - 11:15am
	<b>STRENGTH TRAIN TOGETHER</b> Aerobics Studio Shannon B. 10:30am - 11:30am	<b>DEEP WATER WORKOUT</b> Indoor Pool YMCA Staff 10:15am - 11:15am	<b>DEFEND TOGETHER</b> Aerobics Studio Lynn A. 10:15am - 11:15am				<b>CIRCUIT TRAINING</b> Aerobics Studio Pam R. 10:15am - 11am
11am		<b>SILVERSNEAKERS® CLASSIC</b> Cycling Studio Jodi H. 11:15am - 12:15pm					<b>SILVERSNEAKERS YOGA®</b> Aerobics Studio Lisa K. 11:05am - 12pm
12pm		<b>ENHANCE FITNESS</b> Aerobics Studio Instructor Rotation 12pm - 1pm					<b>ENHANCE FITNESS</b> Aerobics Studio Instructor Rotation 12pm - 1pm
4pm	<b>BOOT CAMP</b> Aerobics Studio Sinamon C. 4:30pm - 5:25pm		<b>BOOT CAMP</b> Aerobics Studio Sinamon C. 4:30pm - 5:25pm				
5pm	<b>CIRCUIT TRAINING</b> Aerobics Studio Sinamon C. 5:30pm - 6:30pm	<b>STRENGTH TRAIN TOGETHER</b> Aerobics Studio Pam R. 5:30pm - 6:30pm	<b>CIRCUIT TRAINING</b> Aerobics Studio Sinamon C. 5:30pm - 6:30pm	<b>STRENGTH TRAIN TOGETHER</b> Aerobics Studio Tom M. 5:30pm - 6:30pm			<b>CYCLING</b> Cycling Studio YMCA Staff 5:30pm - 6:30pm
		<b>CYCLING</b> Cycling Studio YMCA Staff 5:30pm - 6:30pm					<b>STRENGTH TRAIN TOGETHER</b> Aerobics Studio Pam R. 5:30pm - 6:30pm
6pm	<b>SHALLOW WATER WORKOUT</b> Aerobics Studio YMCA Staff 6pm - 7pm	<b>ZUMBA®</b> Aerobics Studio Miranda G. 6:30pm - 7:30pm	<b>SHALLOW WATER WORKOUT</b> Aerobics Studio YMCA Staff 6pm - 7pm				<b>DANCE FITNESS</b> Aerobics Studio YMCA Staff 6:30pm - 7:30pm

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.