

**KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
MAY 2024**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Closed Sundays	Kettle Bell Strength & Conditioning (Studio) 9:00-9:45am Brandon	Strength & Conditioning (Studio) 8:00-8:45am Dave	Kettle Bell Strength & Conditioning (Studio) 9:00-9:45am Brandon	Strength & Conditioning (Studio) 8:00-8:45am Dave	Bands & Body Weight (Studio) 8:00-8:45am Dave		
			Pilates (Gym) 9:00-9:45am Choon	Healthy Back (Studio) 9:00-9:45am Dave			
	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	Healthy Back (Studio) 9:00-9:45am Dave	Yoga (Studio) 10:00-11:00am Sarah	Yoga Racquetball Court 10:00-11:00am Sarah	Core & More (Studio) 9:00-9:45am Dave	Aqua Cycle (Pool) 9:00-9:45am Rebecca	
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen	Yoga Racquetball Court 10:00-11:00am Sarah	Group Cycling (Studio) 11:15am-12:00pm Sarah		Silver Sneakers Classic (Gym) 9:30-10:15am Jen		
	Zumba® (Studio) 10:00-10:45am Annette	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Diabetes Self-Management Education & Support Program May 7-June 4th (SACC Room) 10:00-12:00pm	Silver Sneakers Classic (Gym) 10:00-10:45am Choon	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen		
		Aqua Cycle (Pool) 6:30-7:15pm Rebecca		Silver Sneakers Yoga (Gym) 11:00-11:45am Jen	Yoga (Studio) 6:00-6:45pm Mary		Silver Sneakers Yoga (Gym) 11:00-11:45am Jen
Aqua Cycle (Pool) 6:30-7:15am Jonah	Yoga (Studio) 11:15-12:15pm Sara						

Branch Hours:

Monday - Friday 6:00 am - 8:00 pm

Saturday 8:00 am -1:00 pm

Child Watch Monday – Friday 4:00 – 7:30 pm

Ages 3 months-12 years *YMCA Members only*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

WELLNESS CENTER

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Do not need to be accompanied by an adult.
- Allowed to use track and cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old

Mature behavior is expected in all areas and the YMCA reserves the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.