

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
APRIL 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Closed Sundays	Functional Strength & Conditioning (Studio) 8:00-8:45am Jamie	Strength & Conditioning (Studio) 8:00-8:45am Dave	BODYPUMP™ (Studio) 6:15am-7am Becky	Strength & Conditioning (Studio) 8:00-8:45am Dave	Bands & Body Weight (Studio) 8:00-8:45am Dave		
	NEW HIIT (Studio) 9:00-9:30am Jamie		Core and More Choon 7:05am – 7:45am (Studio)		Core & More (Studio) 9:00-9:45am Dave		
			Functional Strength & Conditioning (Studio) 8:00-8:45am Jamie				
	Silver Sneakers Circuit (Gym) 9:15-9:45am Annette	Healthy Back (Studio) 9:00-9:45am Dave	NEW HIIT (Studio) 9:00am-9:30am Jamie	Healthy Back (Studio) 9:00-9:45am Dave	Silver Sneakers Classic (Gym) 9:30-10:15am Jen		
			Pilates (Gym) 9:00-9:45am Choon				
	Silver Sneakers Classic (Gym) 10:00-10:45am Jen	Yoga (Studio) 10:00-11:00am Sarah	Yoga (Studio) 10:00-11:00am Sarah	Yoga (Studio) 10:00-11:00am Sarah	Silver Sneakers Enerchi (Gym) 10:30-11:15am Jen		Aqua Cycle (Pool) 9:00-9:45am Rebecca
	Zumba® (Studio) 10:00-10:45am Annette	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Silver Sneakers Classic (Gym) 10:00-10:45am Choon	Silver Sneakers Circuit (Gym) 10:00-10:45am Jen	Strength & Conditioning 4:30pm-5:30pm TJ W (Studio)		BODYPUMP™ (Studio) 10:00-11:00am Anthony
			Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		Group Cycling (Studio) 11:15am-12:00pm Sarah		
	Silver Sneakers Classic® 12:00pm-12:45pm Claudia	Silver Sneakers Yoga (Gym) 11:00-11:45am Jen		Yoga (Studio) 11:15-12:15pm Sarah			
			Strength & Conditioning 4:00pm-4:45pm TJ W				

	Pilates 5:30pm-6:15pm Annette (Studio)		HIIT 5:00-5:45 pm Annette			
	Aqua Cycle (Pool) 6:30-7:15pm Rebecca		Aqua Cycle (Pool) 6:30-7:15am Rebecca			
			Preschool Dance (Studio) 6pm-645pm			
			Youth Cheer/Dance (Studio) 7pm-7:45pm Emily			

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 – Monday & Wednesday 9:00 am – 1:00 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. 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.
- 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 some strength training equipment.
- Not allowed to use free weight equipment.

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.