



FITNESS CLASS SCHEDULE

January to May, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 5:30 AM WALK WITH EASE* 8:30 AM OPEN PICKLEBALL COURT** 8:30-10:30 AM	YOGA STRENGTH + FLOW 5:30 AM OPEN PICKLEBALL COURT** 8:30-10:30 AM STEP INTERVAL 12:15 PM—12:45 PM	HIIT 5:30 AM BODY SCULPT 8:30 AM WALK WITH EASE* 8:30 AM OPEN PICKLEBALL COURT** 8:30-10:30 AM	YOGA STRENGTH + FLOW 5:30 AM KETTLEBELL SCULPT 8:15 OPEN PICKLEBALL COURT** 8:30-10:30 AM	PRESS & FLOW 8:15 WALK WITH EASE* 8:30 AM OPEN PICKLEBALL COURT** 8:30-10:30 AM	FITNESS MASHUP 8:15 AM
INSTRUCTOR'S CHOICE 4:00 PM POUND FIT 5:30 PM	TAEKWONDO 3:00-5:30 PM DANCE FITNESS 5:30 PM	INTENSE ARMS & ABS 4:00 PM POUND FIT 5:30 PM	TAEKWONDO 3:00-5:30 PM DANCE FITNESS 5:30 PM		

Monday - Friday 5:15 AM - 9 PM

Saturday 8 AM - 5 PM

Sunday 1 PM - 5 PM

660.665.1922

www.adairymca.org

Walk With Ease Meets in Y Lobby & runs January 20 through March 5

****Pickleball Court can be set up in the Gymnasium if players are present****