



# Tiffin Community YMCA & Heidelberg's Saurwein Wellness Center Fitness Schedule

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
<b>MORNING</b>			<b>MORNING</b>			<b>MORNING</b>			<b>MORNING</b>		
5:00 AM	* Early Bird Challenge	FH- Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1
9:00 AM	Total Body Fix	FH- Ct. 1	5:30 AM	H2O Intense	Pool	6:00 AM	* Early Bird Challenge	Top Studio	5:30 AM	H2O Intense	Pool
9:00 AM	Fit 4 Life	FH- Ct. 3	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool
9:30 AM	Water Walking	Pool	9:00 AM	Core N More	Top Studio	9:00 AM	Total Body Fix	FH- Ct. 1	9:00 AM	Core N More	Top Studio
10:30 AM	Arthritis	Pool	9:15 AM	Have a Seat	Comm. Rm.	9:00 AM	Fit 4 Life	FH- Ct. 3	9:15 AM	Have a Seat	Comm. Rm.
						9:15 AM	Power UP	Comm. Rm.			
						9:30 AM	Water Walking	Pool			
						10:30 AM	Arthritis	Pool			
<b>EVENING</b>			<b>EVENING</b>			<b>EVENING</b>			<b>EVENING</b>		
5:30 PM	Aero-boxing	Top Studio	5:30 PM	Cardiotone	Top Studio	5:30 PM	Aero-boxing	Top Studio	5:30 PM	Cardiotone	Top Studio
5:30 PM	* PiYo LIVE w/Carrie	Comm. Rm.	5:30 PM	* Intermediate Pilates	Bottom Studio	5:30 PM	* PiYo LIVE w/Carrie	Comm. Rm.	5:30 PM	* Intermediate Pilates	Bottom Studio
6:00 PM	Kids on the Move	FH	6:45 PM	45min. Power Cycle	Bottom Studio	6:00 PM	Kids on the Move	FH	6:45 PM	45min. Power Cycle	Bottom Studio
6:30 PM	20-20-20 Blend	Top Studio	6:30 PM	Sculpt, Tone and Cardio	Top Studio	6:30 PM	20-20-20 Blend	Top Studio	6:30 PM	Sculpt, Tone and Cardio	Top Studio
6:45 PM	* Pilates/Yoga Blend	Bottom Studio				6:45 PM	* Pilates/Yoga Blend	Bottom Studio			
7:30 PM	Aqua Tone	Pool				7:30 PM	Aqua Tone	Pool			
<b>Saurwein Wellness Center</b>											
12:30 PM	Lunchtime Express	Studio	9:30 AM	* Open Yoga	Studio	12:30 PM	Lunchtime Express	Studio	12:30 PM	30min. Indoor Cycle	Studio
5:30 PM	Fitness Over 40	Studio	12:30 PM	30min. Indoor Cycle	Studio	5:30 PM	Fitness Over 40	Studio			
						6:30 PM	* Open Yoga	Studio			
<b>FRIDAY</b>			<b>SATURDAY</b>			<b>LOCATION KEY</b> FH                      YMCA Fieldhouse Top St.                YMCA Top Studio Bottom St.            YMCA Bottom Studio Comm. Rm.            YMCA Community Room			8:00 AM * Intermediate Pilates Bottom Studio (The 1st and 3rd Saturday of each month)		
5:00 AM	* Early Bird Challenge	FH- Ct. 1	9:00 AM * Moving Toward Mobility Comm. Rm (The 2nd Saturday of each month)								
6:00 AM	* Early Bird Challenge	Top Studio									
9:00 AM	Total Body Fix	FH- Ct. 1									
9:00 AM	Fit 4 Life	FH- Ct. 3									
9:15 AM	Power UP	Comm. Rm									
9:30 AM	Water Walking	Pool									
10:30 AM	Arthritis	Pool									
			<b>Classes with an (*) beside them REQUIRE registration/fee involved</b>								
12:30 PM	Lunchtime Express	SW Weight Rm.									
						  <b>FOLLOW US FOR CLASS UPDATES!</b>					
<b>2017 FALL I Fitness Schedule</b>						TIFFIN COMMUNITY YMCA 180 Summit Street, Tiffin, Ohio 44883 P 419 447 8711 F 419 447 8704 www.tiffinyymca.org					