

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
MORNING			MORNING			MORNING			MORNING		
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			
EVENING			EVENING			EVENING			EVENING		
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	6:30 PM	Power Cycle	Bottom Studio	6:00 PM	Kids on the Move	FH	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	6:30 PM	20-20-20 Blend	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			
Saurwein Wellness Center											
12:30 PM	Lunchtime Express	Studio	9:30 AM	* Open Yoga	Studio	12:30 PM	Lunchtime Express	Studio			
5:30 PM	Fitness Over 40	Studio	11:45 AM	30min. Indoor Cycle	Studio	5:30 PM	Fitness Over 40	Studio			
						6:30 PM	* Open Yoga	Studio			
FRIDAY			SATURDAY			LOCATION KEY FH YMCA Fieldhouse Top St. YMCA Top Studio Bottom St. YMCA Bottom Studio Comm. Rm. YMCA Community Room					
5:00 AM	* Early Bird Challenge	FH- Ct. 1	8:00 AM	* Intermediate Pilates	Bottom Studio						
6:00 AM	* Early Bird Challenge	Top Studio		(The 1st and 3rd Saturday of each month)							
9:00 AM	Total Body Fix	FH- Ct. 1	9:00 AM	* Moving Toward Mobility	Comm. Rm						
9:00 AM	Fit 4 Life	FH- Ct. 3		(The 2nd Saturday of each month)							
9:15 AM	Power UP	Comm. Rm				Classes with an (*) beside them REQUIRE registration/fee involved					
9:30 AM	Water Walking	Pool				FOLLOW US FOR CLASS UPDATES!					
10:30 AM	Arthritis	Pool				TIFFIN COMMUNITY YMCA 180 Summit Street, Tiffin, Ohio 44883 P 419 447 8711 F 419 447 8704 www.tiffinyymca.org					
2017 FALL II Fitness Schedule											