

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	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool
9:00 AM	Fit 4 Life	FH- Ct. 3	9:00 AM	Core N More	Top Studio	9:00 AM	Total Body Fix	FH- Ct. 1	9:15 AM	Have a Seat	Comm. Rm.
9:30 AM	Water Walking	Pool	9:15 AM	Have a Seat	Comm. Rm.	9:00 AM	Fit 4 Life	FH- Ct. 3			
10:30 AM	Arthritis	Pool				9:15 AM	Power UP <small>(Parkinson's class)</small>	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	Kids on the Move	FH	5:30 PM	* PiYo LIVE w/Carrie	Comm. Rm.	5:30 PM	Kids on the Move	FH
5:30 PM	* Intermediate Pilates	Bottom St.	5:30 PM	Power Cycle <small>(45min.)</small>	Bottom St.	5:30 PM	* Intermediate Pilates	Bottom St.	5:30 PM	Power Cycle <small>(45min.)</small>	Bottom St.
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 St.				6:45 PM	* Pilates/Yoga Blend	Bottom St.			
7:00 PM	Aqua Tone	Pool				7:00 PM	Aqua Tone	Pool			
Saurwein Wellness Center			Saurwein Wellness Center			Saurwein Wellness Center			Saurwein Wellness Center		
12:30 PM	Lunchtime Express	SW Studio	10:30 AM	Flow w/Francine	SW Studio	12:30 PM	Lunchtime Express	SW Studio	10:30 AM	Flow w/Francine	SW Studio
5:30 PM	Fitness Over 40	SW Studio	11:45 AM	30min. Indoor Cycle	SW Studio	5:30 PM	Fitness Over 40	SW Studio	11:45 AM	30min. Indoor Cycle	SW Studio
			12:30 PM	30min. Indoor Cycle	SW Studio				12:30 PM	30min. Indoor Cycle	SW Studio

FRIDAY		
5:00 AM	* Early Bird Challenge	FH- Ct. 1
9:00 AM	Total Body Fix	FH- Ct. 1
9:00 AM	Fit 4 Life	FH- Ct. 3
9:15 AM	Power UP <small>(Parkinson's class)</small>	Comm. Rm
9:30 AM	Water Walking	Pool
10:30 AM	Arthritis	Pool
10:30 AM	Power Cycle <small>(45min.)</small>	Bottom St.

Classes with an (*) beside them REQUIRE registration/fee involved

LOCATION KEY	
FH	YMCA Fieldhouse
Top St.	YMCA Top Studio
Bottom St.	YMCA Bottom Studio
Comm. Rm.	YMCA Community Rm.
SW Studio	Saurwein Multipurpose Rm.



FOLLOW US FOR CLASS UPDATES!

2018 Spring Fitness Schedule