

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

<b>MONDAY</b>			<b>TUESDAY</b>			<b>WEDNESDAY</b>			<b>THURSDAY</b>		
<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	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	10:00 AM	Cardiotone	Top Studio
10:30 AM	Arthritis	Pool	10:00 AM	Cardiotone	Top Studio	9:15 AM	Power UP <small>(Parkinson's class)</small>	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	* PiYo LIVE w/Carrie	Comm. Rm.	5:30 PM	Power Cycle <small>(45min.)</small>	Bottom St.	5:30 PM	* PiYo LIVE w/Carrie	Comm. Rm.	5:30 PM	Power Cycle <small>(45min.)</small>	Bottom St.
5:30 PM	* Intermediate Pilates	Bottom St.	5:30 PM	Kids on the Move	FH	5:30 PM	* Intermediate Pilates	Bottom St.	5:30 PM	Kids on the Move	FH
6:45 PM	* Pilates/Yoga Blend	Top Studio	5:30 PM	Circuit Fusion	FH	6:45 PM	* Pilates/Yoga Blend	Top Studio	5:30 PM	Circuit Fusion	FH
7:00 PM	Aqua Tone	Pool	6:30 PM	Sculpt, Tone and Cardio	Top Studio	7:00 PM	Aqua Tone	Pool	6:30 PM	Sculpt, Tone and Cardio	Top Studio
<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>		
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

<b>FRIDAY</b>			<b>SATURDAY</b>		
5:00 AM	* Early Bird Challenge	FH- Ct. 1	9:00 AM	Drum to the Beat <small>(every other starting June 9th)</small>	FH- Ct. 3
9:00 AM	Total Body Fix	FH- Ct. 1	9:00 AM	Bootcamp <small>(every other starting June 2nd)</small>	
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.			

**LOCATION KEY**

FH      YMCA Fieldhouse

Top St.      YMCA Top Studio

Bottom St.      YMCA Bottom Studio

Comm. Rm.      YMCA Community Rm.

SW Studio      ein Multipurpose Rm.

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



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# 2018 Summer Fitness Schedule