

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING 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 9:30 AM Water Walking Pool 10:30 AM Arthritis Pool EVENING 5:30 PM Aero-boxing Top Studio 5:30 PM *PiYo LIVE w/Carrie Comm Rm 5:30 PM Kids on the Move FH 5:30 PM *Intermediate Pilates Bottom St. 6:30 PM 20-20-20 Blend Top Studio 6:45 PM *Pilates/Yoga Blend Bottom St. 7:00 PM Aqua Tone Pool	MORNING 5:00 AM * Early Bird Challenge FH- Ct. 1 8:00 AM Deep Water Fitness Pool 9:00 AM Core N More Top Studio 9:15 AM Have a Seat Comm Rm EVENING 5:30 PM Cardiotone Top Studio 5:30 PM Power Cycle (45min.) Bottom St. 6:30 PM Sculpt, Tone and Cardio Top Studio 6:30 PM "Gear it Up" Cycling Bottom St.	MORNING 5:00 AM * Early Bird Challenge FH- Ct. 1 8:00 AM Deep Water Fitness Pool 9:00 AM Total Body Fix FH- Ct. 1 9:00 AM Fit 4 Life FH- Ct. 3 9:15 AM Power UP (Parkinson's class) Comm Rm 9:30 AM Water Walking Pool 10:30 AM Arthritis Pool EVENING 5:30 PM Aero-boxing Top Studio 5:30 PM *PiYo LIVE w/Carrie Comm Rm 5:30 PM Kids on the Move FH 5:30 PM *Intermediate Pilates Bottom St. 6:30 PM 20-20-20 Blend Top Studio 6:45 PM *Pilates/Yoga Blend Bottom St. 7:00 PM Aqua Tone Pool	MORNING 5:00 AM * Early Bird Challenge FH- Ct. 1 8:00 AM Deep Water Fitness Pool 9:15 AM Have a Seat Comm Rm EVENING 5:30 PM Cardiotone Top Studio 6:30 PM Sculpt, Tone and Cardio Top Studio 6:30 PM "Gear it Up" Cycling Bottom St.
Saurwein Wellness Center	Saurwein Wellness Center	Saurwein Wellness Center	Saurwein Wellness Center
12:30 PM Lunchtime Express SW Studio 5:30 PM Fitness Over 40 SW Studio	10:30 AM Flow w/Francine SW Studio 12:15 PM 30min. Indoor Cycle SW Studio	12:30 PM Lunchtime Express SW Studio 5:30 PM Fitness Over 40 SW Studio	12:15 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 (Parkinson's class) Comm Rm 9:30 AM Water Walking Pool 10:30 AM Arthritis Pool 10:30 AM Power Cycle (45min.) Bottom St.

SATURDAY
8:00 AM * Intermediate Pilates Bottom St. (The 1st and 3rd Saturday of each month)

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.

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



FOLLOW US FOR CLASS UPDATES!

2018 Winter Fitness Schedule

TIFFIN COMMUNITY YMCA
 180 Summit Street, Tiffin, Ohio 44883
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