



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

Mills County YMCA

110 Sivers Road Glenwood, Ia. 712-527-4352

Fall | September 5th - October 23rd

MON	TUES	WED	THUR	FRI	SAT	SUN
Body Pump 5:15-6:15am SHARI	Cycling 5:15-6:00am JANET (Cycling Room)	Body Pump 5:15-6:15am SHARI		Body Pump 5:15-6:15am SHARI		
Body Pump 8:30-9:30am MICHELLE	Cardio Variety 8:30-9:15am JANET	Body Pump 8:30-9:30am JODI	Core & More 8:30-9:15am JANET	Kickboxing 8:30-9:30am AMY	Body Pump 8:00-9:00am	
	Low Impact Circuit 9:30-10:30am DIANA		Senior Pilates & Yoga 9:30-10:30am DIANA			
	Body Pump 4:30-5:30pm JANET		Body Pump 4:30-5:30pm JANET			
Yoga 5:30-6:20pm DIANA		Mystery Class 5:30-6:30pm DIANA				
Cardio Variety 6:30-7:30pm DIANA	Body Pump 6:00-7:00pm DAWN	Core Fusion 6:40-7:30pm DIANA	Cardio Variety 6:00-7:00pm DIANA			
		Cycling 6:30-7:30pm JANET (Cycling Room)				