




GROUP FITNESS SCHEDULE

SOUTHWEST VALLEY FAMILY YMCA • MULTIPURPOSE ROOM

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		YMCA Board of Directors Meeting Last Tuesday 6:30-8:00					
9:00 AM		Ballet (2-3 Years) 9:00-9:45 Kelsea					Gymn. (3-5 Yrs.) 9:00-9:45 Kelsea
10:00 AM		Ballet (4-5 Years) 10:00-10:45 Kelsea	Gymn. (3-5 Yrs.) 10:00-10:45 Kelsea				Gymn. (5-9 Yrs.) 10:00-10:45 Kelsea
11:00 AM							Gymn. (9-12 Yrs.) 11:00-11:45 Kelsea
12:00 PM							
1:00 PM							
2:00 PM		After School Care	After School Care	After School Care	After School Care	After School Care	
3:00 PM		2:15-6:15	2:15-6:15	2:15-6:15	2:15-6:15	2:15-6:15	
6:00 PM		All Kids Can Nutrition 6:15-7:15 Lina/Barry	Teen Action Council	Ballet (6-9 Years) 6:15-7:15 De'Vonne	Intermed. Ballet (6-9 Years) 6:15-7:15 De'Vonne		
7:00 PM			6:30-8:30 Allison	HipHop (8-12 Yrs.) 7:15-8:15 De'Vonne	HipHop (8-12 Yrs.) 7:15-8:15 De'Vonne		

 Registration required for this class