



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May Group Exercise Schedule

Clovis Family YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Step Fusion 08:00-08:50am Paddie	Cycle Blast 08:30-09:00am Sarah	Step Fusion 08:00-08:50am Paddie	Cycle Blast 08:30-09:00am Paddie	Zumba 08:00-08:50am Paddie	No Classes on Saturday 08:00-05:00pm Have a good week-end
	Cycling 09:00-09:50am Sarah	Muscle Tonic 09:15-10:00am Sarah	Cycling 09:00-09:50am Sarah	Muscle Tonic 09:15-10:00am Paddie	Yoga 09:00-10:00am Kat	
	SilverSneakers MSROM 10:15-11:15am Gail		SilverSneakers MSROM 10:15-11:15am Gail		SilverSneakers MSROM 10:15-11:15am Gail	
No Classes on Sunday 12:00-06:00pm Have a good week-end						
	Yoga 04:30-05:20pm Kat		Yoga 04:30-05:20pm Kat			
	Cycling 05:30-06:20pm Sarah	BootCamp 05:30-06:20pm Paddie	Cycling 05:30-06:20pm Sarah	BootCamp 05:30-06:20pm Paddie	Yoga 05:30-06:20pm Kat	
	Zumba 06:30-07:20pm Nicole	Zumba 06:30-07:20pm Nora	Zumba 06:30-07:20pm Nicole	Zumba 06:30-07:20pm Nora		
		Yoga 07:30-08:20pm Kat				

Facility Hours: Monday-Friday 5:00 AM-10:00 PM, Saturday 8:00 AM-5:00 PM, Sunday 12:00 PM-6:00 PM.

Child Watch Hours: Monday-Friday 8:00 AM-12:00 PM & 3:30 PM-9:00 PM, Saturday 8:00 AM-12:00 PM.

Pay the Day in May: Become a member during our Pay the Day promotion for the month of May and your joining fee is discounted according to the day you join. On May 1st you only pay \$1 joining fee... on May 15th you pay \$15 joining fee... and so on to the 31st!

We apologize in advance for class cancellations due to unforeseen conflicts or instructor emergencies:
Thank you.