NOVEMBER
HORN FAMILY YMCA GROUP EXERCISE

HOURS OF OPERATION
Mon-Thurs:5:30am-9:00pm
Friday: 5:30am-7:30pm
Saturday: 7:30am-5pm
Sunday: 1pm-5pm

MAIN STUDIO

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	CYCLING JENNIFER H.	OPEN FOR USE	CYCLING SARAH / JENNIFER	OPEN FOR USE	CYCLING SARAH	OPEN FOR USE
8:00 AM	MENSENDIECK YVONNE	SS CIRCUIT KATHLEEN	MENSENDIECK YVONNE	CARDIO DANCE KAYLA MARIE	OPEN FOR USE	OPEN FOR USE
9:30 AM	CHAIR YOGA GAIL	SILVERSNEAKERS CLASSICS JULIE	SS CIRCUIT SHIRLEY	SILVERSNEAKERS CLASSICS JULIE	OPEN FOR USE	DYNAMIC STRENGTH SARAH
11:00 AM	VINYASA YOGA LIZ	OPEN FOR USE	VINYASA YOGA JENNA	OPEN FOR USE	SS CIRCUIT DENISE	YOGA FUSION SARAH
12:15 PM	TAI CHI JADEN	OPEN FOR USE	TAI CHI JADEN			
5:30 PM	CYCLING SARAH	ZUMBA TRINTON	DYNAMIC STRENGTH SARAH	ZUMBA TRINTON	CYCLING SARAH	OPEN FOR USE
6:30 PM	OPEN FOR USE	FULL BODY HII KATINA		FULL BODY HI KATINA	OPEN FOR USE	OPEN FOR USE

ZEN DEN

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	OPEN FOR USE	CORE FLOW SARAH	OPEN FOR USE	CORE FLOW SARAH	OPEN FOR USE	OPEN FOR USE
7:30 AM	OPEN FOR USE	GENTLE YOGA DEB	OPEN FOR USE	GENTLE YOGA DEB	OPEN FOR USE	OPEN FOR USE
9:30 AM	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE	YOGA SCULPT ANDREA	OPEN FOR USE
5:30 PM	PI-YO CHERYL	TAI CHI JADEN	PI-YO CHERYL	YIN YOGA & MEDITATION LIZ	OPEN FOR USE	OPEN FOR USE
6:40 PM	OPEN FOR USE	OPEN FOR USE	VINYASA YOGA SARAH	OPEN FOR USE	OPEN FOR USE	OPEN FOR USE

SPORTS PERFORMANCE CENTER

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	OPEN FOR USE	MX4 SHIRLEY	OPEN FOR USE	MX4 SHIRLEY	OPEN FOR USE	MX4 CLARK
5:30 PM	YOUTH CONDITIONING (AGES 10-16) IDA	YOUTH CONDITIONING (Ages 10-16) IDA	YOUTH CONDITIONING (Ages 10-16) IDA	YOUTH CONDITIONING (Ages 10-16) IDA	OPEN FOR USE	OPEN FOR USE
6:30 PM	MX4 SHIRLEY	FUNCTIONAL FITNESS IDA	MX4 SHIRLEY	FUNCTIONAL FITNESS IDA	OPEN FOR USE	OPEN FOR USE

PARENTS NIGHT OUT!
5:30 P.M. - 8:30 P.M.
EVERY THIRD FRIDAY OF MONTH
FREE CHILD CARE FOR MEMBERS!

Y KIDS ZONE (HORN ONLY)
MONDAY-THURSDAY
5:30PM-7:30PM
WALK-INS WELCOME!

NO PLACE Like This Place