

FITNESS / KARATE / DANCE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	8:45 - 9:30 am Water Fitness M \$0 PP \$65	
9:45 - 10:30 am Water Arthritis M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	
10 - 10:45 am Silver Sneakers M \$0 PP \$65	11:30 - 1:00 pm Line Dancing M \$0 PP \$40	10 - 10:45 am Silver Sneakers M \$0 PP \$65	4:45 - 5:35 pm Circuit Training M \$0 PP \$40		
4:30 - 5:45 pm Strong Grade 5+ M \$0 PP \$65	4:45 - 5:35 pm Youth Dance Ages 6-9 M \$48 PP \$96	4:30 - 5:45 pm Strong Grade 5+ M \$0 PP \$65	4:45 - 5:35 pm Youth Dance Ages 6-9 M \$48 PP \$96		
4:30 - 5:20 pm Chair YOGA M \$0 PP \$40	5:45 - 6:35 pm Pilates M \$0 PP \$40	6:30 - 7:20 pm Indoor Cycling M \$0 PP \$40	5:45 - 6:35 pm Karate - Novice M \$40 PP \$60		
5:30 - 6:20 pm YOGA Flow M \$0 PP \$40	5:45 - 6:35 pm Karate - Novice M \$40 PP \$60		6:35 - 7:50 pm Karate - adv M \$40 PP \$60		
6:30 - 7:20 pm Indoor Cycling M \$0 PP \$40	6:35 - 7:50 pm Karate - adv M \$40 PP \$60				

YMCA OF BUCYRUS TIFFIN
BUCYRUS BRANCH
419-562-6218

Subject to
change
based on
instructor
availability.

Prices are for
a 7 week
session not
per class.