

ST. MARYS GROUP FITNESS SCHEDULE (January 2021)

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 – 6:55 am Tabata Nancy		6:15 – 6:55 am Cycle Fit Nancy			
9:05 – 10:05 am Tone & Stretch Nancy	9:30 – 10:30 am Yoga Su	9:05 – 10:05 am Interval Training Nancy	9:30 – 10:30 Yoga Su		
1:30 - 2:30 Gentle Fitness Town of St. Marys		1:30 - 2:30 Gentle Fitness Town of St. Marys			
4:30 - 5:15 Kangoo Sarah					
	5:30 – 6:30 pm Cycle & Strength Nancy		5:30 - 6:30 Interval Training Nancy		
		6:00 - 7:00 Yoga Su			

Gentle Fitness: is a FREE Class open to and Adult living in St.Marys with Limited Mobility a YMCA Membership is not required!