

## Tiffin Community YMCA & Heidelberg's Saurwein Wellness Center Fitness Schedule

<b>MONDAY</b>			<b>TUESDAY</b>			<b>WEDNESDAY</b>			<b>THURSDAY</b>		
<b>MORNING</b>			<b>MORNING</b>			<b>MORNING</b>			<b>MORNING</b>		
9:00 AM	Total Body Fix	Top Studio/Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1	5:00 AM	* Early Bird Challenge	FH- Ct. 1
9:00 AM	Fit 4 Life	FH- Ct. 3	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool	8:00 AM	Deep Water Fitness	Pool
9:30 AM	Water Walking	Pool	9:00 AM	Core N More	Top Studio	9:00 AM	Total Body Fix	Top Studio/Ct. 1	9:00 AM	Core N More	Top Studio
10:30 AM	Arthritis	Pool	9:00 AM	Gentle Lift	Ct. 3	9:00 AM	Fit 4 Life	FH- Ct. 3	9:15 AM	Have a Seat	Comm. Rm.
			9:15 AM	Have a Seat	FH St.	9:00 AM	Power UP <small>(Parkinson's class)</small>	FH Studio			
			10:30 AM	Power Cycle (45min.)	Bottom St.	9:30 AM	Water Walking	Pool			
						10:30 AM	Arthritis	Pool			
<b>EVENING</b>			<b>EVENING</b>			<b>EVENING</b>			<b>EVENING</b>		
5:30 PM	Pure Toning	Top Studio	5:30 PM	Cardiotone	Top Studio	5:30 PM	Pure Toning	Top Studio	5:30 PM	Cardiotone	Top Studio
5:30 PM	Circuit Grind	FH- Ct. 1	5:30 PM	Kids on the Move	FH	5:30 PM	Circuit Grind	FH- Ct. 1	5:30 PM	Kids on the Move	FH
5:30 PM	* Intermediate Pilates	Bottom St.	6:30 PM	R.I.P.P.E.D	Top Studio	5:30 PM	* Intermediate Pilates	Bottom St.	6:30 PM	Cardio Drumming	Top Studio
6:30 PM	Cardio Drumming	Top Studio				6:45 PM	Tabata Burn	Top Studio			
6:45 PM	Tabata Burn	Bottom St.				6:45 PM	* Pilates/Yoga Blend	FH Studio			
<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>			<b>Saurwein Wellness Center</b>		
12:30 PM	Lunchtime Express	SW Studio	10:30 AM	Flow w/Francine	SW Studio	12:30 PM	Lunchtime Express	SW Studio	10:30 AM	Flow w/Francine	SW Studio
5:30 PM	Fitness Over 40	SW Studio	12:15 PM	30min. Indoor Cycle	SW Studio	5:30 PM	Fitness Over 40	SW Studio	12:15 PM	30min. Indoor Cycle	SW Studio

<b>FRIDAY</b>		
5:00 AM	* Early Bird Challenge	FH- Ct. 1
9:00 AM	Total Body Fix	Top Studio/Ct. 1
9:00 AM	Fit 4 Life	FH- Ct. 3
9:00 AM	Power UP <small>(Parkinson's class)</small>	FH Studio
9:30 AM	Water Walking	Pool
10:30 AM	Arthritis	Pool
10:30 AM	Power Cycle (45min.)	Bottom St.

<b>SATURDAY</b>		
9:30 AM	Cardio Drumming	Top Studio

**Classes with an (\*) beside them REQUIRE registration/fee involved**

<b>LOCATION KEY</b>	
FH- Ct.	YMCA court area designated
Top Studio	YMCA Top Studio
Bottom St.	YMCA Bottom Studio
FH Studio	YMCA Studio located in back of FH
SW Studio	Saurwein Multipurpose Rm.

# 2019 FALL FITNESS SCHEDULE



FOLLOW US FOR CLASS UPDATES!

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