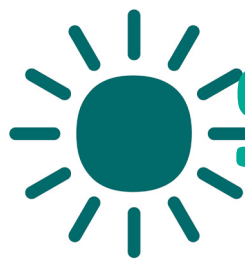




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MORNING / AFTERNOON SCHEDULE

As of December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Y OPENS AT 6:00AM. WELLNESS FLOOR OPEN FOR YOU USE!					Y OPENS AT 8:00AM
			6:30-7:15am BODY BLAST Emily	6:00-6:45am KETTLEBELL Emily	
	7:30-8:15am XTREME CLYCLING (BR) Kristie		7:30-8:15am ZUMBA STRONG Rosa		8:15-9:00am SPIN 1st & 3rd Sat of each month
8:00-8:45am BUTTS, GUTS & MORE Kristie	8:30-9:15am TOTAL BODY Kristie	8:00-8:45am METABOLIC INTERVAL TRAINING Kristie	8:30-9:15am TOTAL BODY Kristie	8:00-8:45am STEP & ABS Kristie	8:00-8:45am ZUMBA STRONG Rosa
9:00-10am YOGA Linda	9:30-10:15am CYCLING Kristie (BR)	9:00-10am RESTORATIVE YOGA Emily	9:30-10:15am CYCLING Kristie (BR)	9:00-10am YOGA Linda	9:00-10am YOGA Karin
9:00-9:45am LITE CLYCLING (BR) Kristie	9:30-10:30am MOM-BA Rae		9:30-10:15am PILATES Emily		
10:30-11:30am ENHANCE® FITNESS Jose	10:30-11:30am ENHANCE® FITNESS Kristie	10:30-11:30am ENHANCE® FITNESS Jose	10:30-11:30am ENHANCE® FITNESS Kristie	10:30-11:30am ENHANCE® FITNESS Kristie Begins Jan 6, 2017	10:30-11:30am ENHANCE® FITNESS Jose Begins Jan 7, 2017
	11:30am BALANCE & MOBILITY Kristie		11:30am WEIGHT TRAINING CIRCUIT Kristie	11:30am - 12:15pm WEIGHT TRAINING Kristie	
1:00-2:00pm SENIOR STEP Jose	1:00-2:00pm FLOOR, CORE & MORE Jose	1:00-2:00pm SENIOR SPIN Emily (BR)			

(BR) - Back Room



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EVENING SCHEDULE

As of December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30pm ZUMBA TONE Rosa		4:30pm KETTLE BELL Emily	
5:15-6:15pm YOGA Kathy	5:30pm BODY BLAST Melana	5:15-6:15pm YOGA Kathy	5:30pm SPIN (w / weights) Melana (BR)	Y CLOSSES AT 5:30PM
6:30-7:15pm ZUMBA Rosa	6:30-7:15pm SPIN Melana (BR)	6:30-7:15pm ZUMBA Rosa	6:30-7:15pm ZUMBA TONE Rosa	
7:30pm SPIN (w / weights) Emily (BR)	6:30-7:15pm ACTIVE YOGA Christina Begins Dec 13, 2016	7:30pm CYCLING Emily (BR)		
Y CLOSSES AT 9:00PM				

PLEASE NOTE:

- All of our weekly group exercise classes are included in your membership; take advantage and come often.
- Classes and Instructors are subject to last minute changes

SUNDAY HOURS: 8:00am – 2:00pm

KIDS ZONE HOURS

MONDAY-THURSDAY

7:30am-11:00am

4:30pm-7:30pm

FRIDAY

7:30am-11:00am

SATURDAY

8:00am-12:00pm



YMCA OF SAN BENITO COUNTY

351 Tres Pinos Road, Suite A-201, Hollister, CA
831.637.8600 | www.centralcoastymca.org
"Like" us on Facebook for updates and schedules!

Morning/Afternoon SCHEDULE →