



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INTERIM GROUP EXERCISE SCHEDULE

ANNUAL IMPROVEMENT WEEK 1: 8/17-8/23*

PAV YMCA

*SCHEDULE IS SUBJECT TO CHANGE. Silver Sneakers (55+yrs) Classes are held in the Dance Studio. Group Exercise (16+yrs) Classes are held on the North Side of the Gym (Basketball Courts). *Water Exercise Classes are scheduled to resume on Monday, August 31. <i>The 2026 Annual Improvement project schedule is available at pavymca.org or at the Pav YMCA.</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MORNING PROGRAMS						
	8:00a-9:00a Indoor Cycling	8:00a-9:00a Silver Sneakers Classic	8:00a-9:00a Silver Sneakers Chair Yoga	8:00a-9:00a Silver Sneakers Classic	8:00a-9:00a Silver Sneakers Chair Yoga	8:00a-9:00a Silver Sneakers Classic	8:00a-9:00a Interval Training
						8:00a-9:00a Cardio Blast	
		8:30a-9:30a Cardio Blast	8:30a-9:30a Cardio Blast	8:30a-9:30a Boot Camp	8:30a-9:30a Interval Training		
	EVENING PROGRAMS						
		6:00p-7:00p Zumba	6:00p-7:00p Yoga	6:00p-7:00p Strength & Tone	7:00p-8:00p Yoga		
**PLEASE NOTE: There is a 15-minute window reserved before/after each class for equipment setup/breakdown. GX Classes are FREE to Pav YMCA Members! >GX Class Guest drop-in fee: \$8/class > Silver Sneakers Guest drop-in fee: \$7/class Guest Infinity Passes are available! Get an Unlimited Group Exercise Class Pass for \$85 for this session or an Unlimited Silver Sneakers Pass for \$75 for this session.							