



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL SESSION I GX SCHEDULE (8/31 - 10/25/2026)

PAV YMCA

*SUBJECT TO CHANGE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLASSES: Water Works 16+ Silver Sneakers 55+ GX Classes 16+ All Silver Sneakers, Chair Yoga and Water Arthritis classes are for ages 55+. All other GX classes are for ages 16+.	Morning Programs						
	Indoor Cycle 8:00a-9:00a North Gym	Silver Sneakers Classics 8:00a-8:50a Dance Studio	Silver Sneakers Classics 8:00a-8:50a Dance Studio	Silver Sneakers Classics 8:00a-8:50a Dance Studio	Silver Sneakers Classics 8:00a-8:50a Dance Studio		Water Arthritis 7:15a-8:00a Pool
		Club Remix 8:30a-9:30a North Gym		Club Remix 8:30a-9:30a North Gym	Club Remix 8:30a-9:30a North Gym		Interval Training 8:00a-9:00a North Gym
		Silver Sneakers Classics 9:00a-9:50a Dance Studio	Chair Yoga 9:00a-9:50a Dance Studio	Silver Sneakers Classics 9:00a-9:50a Dance Studio	Chair Yoga 9:00a-9:50a Dance Studio	Silver Sneakers Classics 9:00a-9:50a Dance Studio	
			Water Works 9:00a-9:45a Pool	Water Works 9:00a-9:45a Pool	Water Works 9:00a-9:45a Pool	Water Works 9:00a-9:45a Pool	
	Club Remix 9:30a-10:30a North Gym	Bootcamp 9:30a-10:30a North Gym	Cardio Blast 9:30a-10:30a North Gym	BootCamp 9:30a-10:30a North Gym	Interval training 9:30a-10:30a North Gym	Cardio Blast 9:30a-10:30a North Gym	Zumba 9:30a-10:30a North Gym
		Evening Programs					
		Strength & Tone 6:00p-7:00p North Gym	Silver Sneakers Classics 6:00p-7:00p Dance Studio	Strength & Tone 6:00p-7:00p North Gym			
		Zumba 7:00a-8:00p Dance Studio		Zumba 7:00a-8:00p Dance Studio	Yoga 7:00a-8:00p Dance Studio		