



Licking County Family YMCA

WOMEN & YOUTH SCHEDULE



June 1, 2010

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 6:45	OPEN 6:30- 8:00 pm	OPEN 6:30- 8:00 pm	OPEN 6:30- 8:00 pm	OPEN 6:30-8:00 pm	OPEN 6:30-5:00 pm	Open 9:00- 12:00 pm Pilates Reformer 9:15- 10:00am Family Day	
7:00 7:15 7:30 7:45	Pilates Reformer 7:00-7:45am	Pilates Reformer 7:00-7:45am	Pilates Reformer 7:00-7:45am	Pilates Reformer 7:00-7:45am	Pilates Reformer 7:00-7:45am		
8:00 8:15 8:30 8:45							
9:00 9:15 9:30 9:45							
10:00 10:15 10:30 10:45		Pilates Reformer 10:00-10:45 am		Pilates Reformer 10:00-10:45 am			
11:00 11:15 11:30 11:45	Pilates Reformer 11:00- 11:45 am		Pilates Reformer 11:00 - 11:45 am		Pilates Reformer 11:00 - 11:45 am		
12:00 12:30		Pilates Reformer 12:00-12:45 pm		Pilates Reformer 12:00-12:45 pm			
1:00 1:15							
3:00 3:30							
4:00 4:15 4:30 4:45							
5:00 5:15 5:30 5:45	Teen Strength 5:00- 5:45 pm						
6:00 6:15 6:30 6:45	Pilates Reformer 6:00-6:45 pm	Pilates Reformer 6:00-6:45 pm	Pilates Reformer 6:00- 6:45 pm	Pilates Reformer 6:00- 6:45 pm			
7:00 7:15 7:30 7:45		Women Strength Training 7:00- 7:45 pm		Women Strength Training 7:00- 7:45 pm			

Effective June 1, 2010