






Niagara Falls Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP 6:00-6:45am ABS BLAST 6:45-7:00am		BODY SCULPT 6:00-6:45am ABS BLAST 6:45-7:00am			
ATHLETIC HOUR 9:15-10:15am	BODY SCULPT 9:15-10:15am	STEP 9:15-10:00am EXPRESS STRENGTH 10:00-10:30am GENTLE FIT 10:45-11:30am	YOGA FITNESS 9:15-10:00am	STEP 9:15-10:00am EXPRESS STRENGTH 10:00-10:30am GENTLE FIT 10:45-11:30am	ATHLETIC HOUR 9:15-10:15am	STEP 9:15-10:15am FAMILY YOGA FITNESS 10:30-11:15pm
GENTLE FIT 1:15-2:00pm						
BOX FIT 5:30-6:15pm	STEP 5:30-6:15pm	ATHLETIC HOUR 5:30-6:15pm	BODY SCULPT 5:30-6:15pm			
STEP 6:30-7:30pm	BODY SCULPT 6:30-7:15pm	STEP 6:30-7:30pm	CORE FUSION 6:30-7:15pm			Class held in Room D/E. All other classes held in Gym 3.
YOGA FITNESS 6:00-7:00pm		YOGA FITNESS 6:00-7:00pm				
YMCA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLEFIT 6:00-6:45am		CYCLEFIT 6:00-6:45am		 CYCLEFIT 6:00-6:45am		
CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	 CYCLEFIT 9:30-10:30am
	CYCLEFIT 12:15-12:45pm		CYCLEFIT 12:15-12:45pm			
CYCLEFIT 5:30-6:15pm	CYCLEFIT 6:00-6:45pm	CYCLEFIT 5:30-6:15pm	CYCLEFIT 6:00-6:45pm			
CYCLEFIT 6:30-7:30pm	CYCLEFIT 7:00-7:45pm	 CYCLEFIT 6:30-7:30pm	 CYCLEFIT 7:00-7:45pm			 Classes run until May 15.
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am		
	AQUAFIT in MODERATION 10:30-11:15am		AQUAFIT in MODERATION 10:30-11:15am			
AQUAFIT in MODERATION 2:30-3:15pm		AQUAFIT in MODERATION 2:30-3:15pm		AQUAFIT in MODERATION 2:30-3:15pm		
AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm			

*All Classes Subject To Change Without Notice

*Classes will not be offered on holidays