

GROUP EXERCISE THANKGIVING WEEK SCHEDULE



Effective: November 20-25

MON	TUE	WED	THU	FRI	SAT
6:00-7:00am TRX Inst: Pia (Studio B)	6:00-7:00am BOOTCAMP Inst: Pia (Studio B)	6:00-7:00am TRX Inst: Pia (Studio B)	<p>No Group Exercise classes Thurs, Nov 23 and Fri, Nov 24</p> <ul style="list-style-type: none"> Thurs, Nov 23: All ASYMCA Killeen facilities are closed Fri, Nov 24: Hours of operation are 8 AM - 6 PM 		8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)
8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)	8:15-9:15am TRX Inst: Pia (Studio B)	8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)			
10:00-11:00am ZUMBA Inst: Courtney (Gym)	9:30-10:30am INDOOR CYCLING Inst: Pia (Spin)	11:00-12:00pm SILVER SNEAKERS (Studio B)			
11:00-12:00pm CHAIR YOGA Inst: Yvonne (Studio B)	9:30-10:30am STEP & SCULPT Inst: Stephanie (Studio B)				
5:30pm-6:30pm INDOOR CYCLING Inst: Henry (Spin)	11:00-12:00pm SILVER SNEAKERS (Studio B)				
6:45-7:45pm CORE & CARDIO Inst: Stephanie (Studio B)	5:30-6:30pm ZUMBA Inst: Tanisha (Studio B)				
	6:45-7:45pm TRX Inst: Stephanie (Studio B)				

AQUATICS FITNESS SCHEDULE



ARMED SERVICES YMCA

Effective: November 20-25

MON	TUE	WED	THU	FRI	SAT
<p>8:00-8:45am TWINGES IN THE HINGES (Therapy Pool)</p> <p>9:00-9:45am ROCK AQUA AEROBICS (Lap Pool)</p>	<p>7:00-7:45pm AQUA ZUMBA (Lap Pool)</p>	<p>8:00-8:45am TWINGES IN THE HINGES (Therapy Pool)</p> <p>9:00-9:45am ROCK AQUA AEROBICS (Lap Pool)</p>	<p>CLOSED</p>		

**All Aquatic Fitness classes are first come, first serve.
Therapy Pool can only hold up to 12 participants at a time.**