

Summer Mini Session
Class Schedule - Piqua Branch
August 8th – 27th – Registration begins August 1st, 2022

Week 1

| Monday Aug 8 th | Tuesday Aug 9 th | Wednesday Aug 10 th | Thursday Aug 11 th | Friday Aug 12 th |
|---|--|---|--|--|
| Multi-Purpose Room 9:30-10:15am SS Circuit 10:20-10:55am SS Yoga Third Floor Gym 12:10-12:50pm HIIT Multi-Purpose Room 4:15-5:15pm BARRE Third Floor Gym 6:35-7:20pm HIIT | Cycling Room 6:00-6:45am Y Cycling Multi-Purpose Room 9:00-9:45am SS Classic 10:00-10:45am Pilates+Yoga Pool 11am-12pm Arthritis Aquatics Multi-Purpose Room 12:00-12:50pm SS Enerchi Meet in Lobby 12:10-12:50pm Run & Lift Cycling Room 12:10-12:55pm Y Cycling Multi-Purpose Room 5:30-6:15pm Total Body Sculpt Meet in Lobby 7:00-7:50pm Yoga Flow | Multi-Purpose Room 9:30-10:15am SS Circuit 10:20-10:55am SS Yoga Pool 11am-12pm Arthritis Aquatics Third Floor Gym 12:10-12:50pm HIIT Multi-Purpose Room 4:15-5:15pm BARRE Third Floor Gym 6:35-7:20pm HIIT | Cycling Room 6:00-6:45am Y Cycling Multi-Purpose Room 9:00-9:45am SS Classic 10:00-10:45am Pilates+Yoga Pool 11am-12pm Arthritis Aquatics Multi-Purpose Room 12:00-12:50pm SS Enerchi Meet in Lobby 12:10-12:50pm Run & Lift Cycling Room 12:10-12:55pm Y Cycling | Multi-Purpose Room 10:00-10:45am SS Circuit Pool 11am-12pm Arthritis Aquatics Third Floor Gym 12:10-12:50pm HIIT <u>Saturday Aug 13th</u> Cycling Room 8:00-9:00am Y Cycling |

Week 2

| Monday Aug 15 th | Tuesday Aug 16 th | Wednesday Aug 17 th | Thursday Aug 18 th | Friday Aug 19 th |
|---|--|---|---|--|
| Multi-Purpose Room 9:30-10:15am SS Circuit 10:20-10:55am SS Yoga Pool 11am-12pm Arthritis Aquatics Third Floor Gym 12:10-12:50pm HIIT Third Floor Gym 6:35-7:20pm HIIT | Cycling Room 6:00-6:45am Y Cycling Pool 11am-12pm Arthritis Aquatics Cycling Room 12:10-12:55pm Y Cycling Warrior Room 4:30-5:15pm Warrior Fitness Meet in Lobby 7:00-7:50pm Yoga Flow | Multi-Purpose Room 9:30-10:15am SS Circuit 10:20-10:55am SS Yoga Pool 11am-12pm Arthritis Aquatics Third Floor Gym 12:10-12:50pm HIIT Third Floor Gym 6:35-7:20pm HIIT | Cycling Room 6:00-6:45am Y Cycling Multi-Purpose Room 9:00-9:45am SS Classic 10:00-10:45am Pilates+Yoga Pool 11am-12pm Arthritis Aquatics Meet in Lobby 12:10-12:50pm Run & Lift Cycling Room 12:10-12:55pm Y Cycling Warrior Room 4:30-5:15pm Warrior Fitness | Multi-Purpose Room 10:00-10:45am SS Circuit Third Floor Gym 12:10-12:50pm HIIT <u>Saturday Aug 20th</u> Cycling Room 8:00-9:00am Y Cycling |

Week 3

| Monday Aug 22 nd | Tuesday Aug 23 rd | Wednesday Aug 24 th | Thursday Aug 25 th | Friday Aug 26 th |
|---|---|--|--|--|
| <p>Multi-Purpose Room 4:15-5:15pm BARRE</p> <p>Third Floor Gym 6:35-7:20pm HIIT</p> | <p>Cycling Room 6:00-6:45am Y Cycling</p> <p>Chapel 11am-12pm Premier- **Healthy Back Talk**</p> <p>Cycling Room 12:10-12:55pm Y Cycling</p> <p>Warrior Room 4:30-5:15pm Warrior Fitness</p> <p>Multi-Purpose Room 4:30-5:15pm Pilates + Yoga</p> <p>5:30-6:15pm Total Body Sculpt</p> | <p>Third Floor Gym 12:10-12:50pm HIIT</p> <p>Multi-Purpose Room 4:15-5:15pm BARRE</p> <p>Third Floor Gym 6:35-7:20pm HIIT</p> | <p>Cycling Room 6:00-6:45am Y Cycling</p> <p>Cycling Room 12:10-12:55pm Y Cycling</p> <p>Warrior Room 4:30-5:15pm Warrior Fitness</p> <p>Multi-Purpose Room 4:30-5:15pm Pilates + Yoga</p> | <p>Multi-Purpose Room 10:00-10:45am SS Circuit</p> <p>Third Floor Gym 12:10-12:50pm HIIT</p> <p><u>Saturday Aug 27th</u> Cycling Room 8:00-9:00am Y Cycling</p> |

****SS = Silver Sneakers**