SW

Tiffin Community YMCA & Heidelberg's Saurwein Wellness Center Fitness Schedule

WEDNESDAY

6:00 PM * New Beginner Yoga

7:00 PM Muscle Blast

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Ą		Early Bird Challenge	FH		Early Bird Challenge	FH		Early Bird Challenge	FH	MORNING 5:00 AM * Early Bird Challenge	FH
Tiffin YM	9:00 AM 9:00 AM 9:30 AM 10:30 AM	Early Bird Challenge Fit 4 Life Circuit Pump Water Walking Arthritis	FH New Gym Crt. 1 Pool Pool	5:30 AM	TRX with Mark H20 Intense Early Bird Challenge Deep Water Fitness Core N More	Mezz Pool FH Pool Crt. 1		Lift N Learn Early Bird Challenge Fit 4 Life Circuit Pump Water Walking	Wel. Ctr. FH New Gym Crt. 1 Pool	5:15 AM * TRX with Mark 5:30 AM H20 Intense 6:00 AM * Early Bird Challenge 8:00 AM Deep Water Fitness 9:00 AM Core N More	Mezz Pool FH Pool Crt. 1
·	EVENING			9:15 AM EVENING	Have a Seat	Loft	10:30 AM	Arthritis	Pool	9:15 AM Have a Seat	Loft
	5:45 PM 6:00 PM 6:30 PM	Aero-boxing Fit Kids Advanced Cycling	Crt. 1 FH	5:30 PM 5:30 PM *	Cardio Tone Beginner Cycling TRX with Garrett	FH Mezz Tennis Ct	5:45 PM 6:00 PM 6:30 PM	Aero-boxing Fit Kids Advanced Cycling	Crt. 1 FH	5:30 PM Cardio Tone 5:30 PM * Beginner Cycling 6:15 PM * TRX with Garrett	FH Mezz Tennis Ct
	6:30 PM 6:30 PM 7:30 PM	Circuit Blast Pilates/Yoga Blend Aqua Tone	FH Mtg. Rm Pool	6:30 PM * 7:00 PM	Women on Weights Zumba 101	Wel. Ctr. Crt. 1	6:30 PM 6:30 PM [*] 7:30 PM	Circuit Blast Pilates/Yoga Blend Aqua Tone	FH Mtg. Rm Pool	6:30 PM * Women on Weights 6:30 PM * Intermed. Pilates 7:00 PM Zumba 101	Wel. Ctr. Mtg. Rm. Crt. 1
ein	12:30 PM	Lunchtime Express	SW	9:30 AM *	Open Yoga 1	SW	12:30 PM	Lunchtime Express	SW	6:00 PM * Level 2 Hatha Yoga	SW

SW

FRIDAY

12:30 PM

7:00 PM Muscle Blast

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MONDAY

5:00 AM *	Early Bird Challenge	FH
6:00 AM *	Early Bird Challenge	FH
9:00 AM	Fit 4 Life	New Gym
9:00 AM	Circuit Pump	Crt. 1
9:30 AM	Water Walking	Pool
10:30 AM	Arthritis	Pool
Saurwein		

Lunchtime Express

SW/WC

SATURDAY

8:00 PM BodyJam

6:00 PM * Level 1 Hatha Yoga

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9:00 AM	 Moving Toward Mobilit (The 2nd Saturday of each month) 	y Conf. Rm
9:00 AM	Pre & Post Natal (Weekly sign-up required at front of	TBA lesk)
9:00 AM	Butts and Guts	Crt. 1

LOCATION KEY

SW Heidelberg's Saurwein Multi Purpose Room SW/WC Heidelberg's Wellness Center FH YMCA Fieldhouse

8:00 PM BodyJam

THIIDCDAY

Crt. 1 Fieldhouse Court 1
Mezz. Mezzanine (above New Gym)

SW

SW/WC

Conf. Rm. YMCA Conference Room
Mtg. Rm. YMCA Meeting Room



*** Please note - Specialty Classes Require Registration ***

TIFFIN COMMUNITY YMCA
180 Summit Street, Tiffin, Ohio 44883
P 419 447 8711 F 419 447 8704 www.tiffinymca.org
Financial Assistance is available

WINTER I FITNESS SESSION