

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

Tiffin YMCA	MONDAY																					
	MORNING	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																			
		EVENING	5:45 PM Aero-boxing	Crt. 1																		
			6:00 PM Fit Kids	FH																		
		6:30 PM Advanced Cycling																				
		6:30 PM Circuit Blast	FH																			
		6:30 PM * Pilates/Yoga Blend	Mtg. Rm																			
		7:30 PM Aqua Tone	Pool																			

Saurwein		12:30 PM Lunchtime Express	SW																			
		7:00 PM Muscle Blast	SW/WC																			
			9:30 AM * Open Yoga 1	SW																		
			6:00 PM * Level 1 Hatha Yoga	SW																		

Tiffin YMCA	FRIDAY																				
		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																			
		12:30 PM Lunchtime Express	SW																		

Saurwein	SATURDAY																				
		9:00 AM * Moving Toward Mobility Conf. Rm																			
			(The 2nd Saturday of each month)																		
		9:00 AM Pre & Post Natal	TBA																		
		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
Crt. 1	Fieldhouse Court 1
Mezz.	Mezzanine (above New Gym)
Conf. Rm.	YMCA Conference Room
Mtg. Rm.	YMCA Meeting Room



FOLLOW US FOR CLASS UPDATES!

*** 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