



San Angelo YMCA

Community Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM Silver Sneakers	8:30 AM Chair Yoga	8:30 AM Silver Sneakers		8:30 AM Chair Yoga 9:30 AM Gentle Yoga	
12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	
12:45 PM - 4:45 PM Summer Day Camp	12:45 PM - 4:45 PM Summer Day Camp	12:45 PM - 4:45 PM Summer Day Camp	12:45 PM - 4:45 PM Summer Day Camp	12:45 PM - 4:45 PM Summer Day Camp	
5:30 PM Build N' Burn	6:00 PM TOTAL BODY POWER	5:30 PM Tone and Sculpt 45			

Child Watch

Hours of Operation
Monday - Friday
8am - 1pm
5pm - 8pm
Saturday
9am - 1pm

GROUP FITNESS POLICIES

- Members, age 13+ may participate in all group exercise classes.
- Members aged 8 - 12 may participate in classes only with instructor approval and if they are accompanied by an adult (18+) who is participating in the class.
- T-shirts, shorts, sweatpants, tights, leotards, socks, and closed-toe athletic shoes are acceptable.
- No street clothes - including jeans, sandals, or swimsuits are allowed in floor exercise classes.
- Water fitness class participants must wear lined swim trunks or swimsuits. Cotton clothing is not allowed.

Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.