

Pharr Family YMCA Group Exercise Schedule

TIME	MON	TUE	WED	THUR	FRI	SAT
8:15-9:00 am	PILATES (CINDY)					
9:00-10:00 am	STEP (SARA)					
9:30-10:30 am			CARDIO & CALISTHENICS (SUSAN)			
10:30-11:30am						FITNESS FUSION
11:00-12:00am						
12:10-12:50pm	PHARR FITNESS FUSION			PHARR FITNESS FUSION		
2:15-3:00pm	PHARR FITNESS FUSION			PHARR FITNESS FUSION		
5:15-6:00pm		TAI-LATES	ZUMBA			
5:45-6:45 pm	KICKBOXING (MARK)					
6:00-7:00pm			YOGA(JAMIE)	TAI-LATES		

Childwatch hours:

Monday 8:00am - 1:00pm

Tuesday-Saturday 9:00am - 12:00pm

Monday-Friday 3:30pm - 7:00pm

* Class format and instructors subject to change