

Northwest YMCA GTS Group Strength Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	GTS Group 8:00-8:30am 8:45-9:15am 9:30-10:00am				GTS Group 8:00-8:30am 8:45-9:15am 9:30-10:00am 10:15-10:45am Scrunch	
8:30am			GTS Group 8:45-9:15am 9:30-10:00am 10:15-10:45am			
9:00am				GTS Group 9:30-10:00am		
9:30am		GTS Group 9:30-10:00am				
10:00am						
10:30am		GTS Pilates 10:15-11:00am				
11:00am						
11:30am						
12:00pm						
12:30pm		GTS Group 12:30-1:00pm Scrunch		GTS Group 12:30-1:00pm Scrunch		
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Sports Circuit (ages 8-15) 3:15-3:45pm 4:00-4:30pm		Sports Circuit (ages 8-15) 3:15-3:45pm 4:00-4:30pm			
3:30pm						
4:00pm						
4:30pm						
5:00pm				GTS Group 5:15-5:45		
5:30pm						
6:00pm	GTS Group 6:00-6:30pm	GTS Group 6:00-6:30pm	GTS Group 6:00-6:30pm	GTS Group 6:00-6:30pm		
6:30pm						
7:00pm		GTS Group 6:45-7:15pm				
7:30pm						

Gravity Sports Circuit (Ages 8-15)

Exercises linked to sports activities and competition.

Gravity Group Strength Series

Cardio/Strength training that is efficient, dynamic, and quick.

GTS sessions are located in the Northwest YMCA Cardio-Wellness Room. Please arrive 15 minutes prior to your 1st class for an orientation



visit us online at <http://www.tucsonymca.org>

GTS Group Rates:
12 Sessions - \$30.00
8 Sessions - \$24.00
4 Sessions - \$16.00
1 Session - \$8.00

Sport Circuit: Free to members

For additional information, please call YMCA Member Services: 520-229-9001