

# Northwest YMCA GTS Group Strength Schedule

|         | Monday   | Tuesday                                     | Wednesday  | Thursday                                    | Friday   | Saturday                        |
|---------|--|---|--|---|--|---------------------------------|
| 7:30am  |  |   |  |   |  | <b>GTS Group</b><br>7:30-8:00am |
| 8:00am  | <b>GTS Group</b><br>8:00-8:30am<br>8:45-9:15am<br>9:30-10:00am     |   |  |   | <b>GTS Group</b><br>8:00-8:30am<br>8:45-9:15am<br>9:30-10:00am<br><b>10:15-10:45am</b><br><b>Scrunch</b> |                                 |
| 8:30am  |  |   | <b>GTS Group</b><br>8:45-9:15am<br>9:30-10:00am<br>10:15-10:45am   |   |  |                                 |
| 9:00am  |  |   |  | <b>GTS Group</b><br>9:30-10:00am            |  |                                 |
| 9:30am  |  |   |  |   |  |                                 |
| 10:00am |  |   |  |   |  |                                 |
| 10:30am |  | <b>GTS 101</b> 10:15<br>10:45am             |  | <b>GTS 101</b>                              |  |                                 |
| 11:00am |  |   |  | 10:15-10:45                                 |  |                                 |
| 11:30am |  |   |  |   |  |                                 |
| 12:00pm |  |   |  |   |  |                                 |
| 12:30pm |  | <b>GTS Group</b><br>12:30-1:00pm<br>Scrunch |  | <b>GTS Group</b><br>12:30-1:00pm<br>Scrunch |  |                                 |
| 1:00pm  |  |   |  |   |  |                                 |
| 1:30pm  |  |   |  |   |  |                                 |
| 2:30pm  |  |   |  |   |  |                                 |
| 3:00pm  | <b>Sports Circuit</b><br>(ages 8-15)<br>3:15-3:45pm<br>4:00-4:30pm |   | <b>Sports Circuit</b><br>(ages 8-15)<br>3:15-3:45pm<br>4:00-4:30pm |   |  |                                 |
| 3:30pm  |  |   |  |   |  |                                 |
| 4:00pm  |  |   |  |   |  |                                 |
| 4:30pm  |  |   |  |   |  |                                 |
| 5:00pm  | <b>GTS 101</b>   |   | <b>GTS 101</b>   | <b>GTS Group</b><br>5:15-5:45               |  |                                 |
| 5:30pm  | 5:00-5:30  |   | 5:00-5:30  |   |  |                                 |
| 6:00pm  | <b>GTS Group</b><br>6:00-6:30pm                                    | <b>GTS Group</b><br>6:00-6:30pm             | <b>GTS Group</b><br>6:00-6:30pm                                    | <b>GTS Group</b><br>6:00-6:30pm             |  |                                 |
| 6:30pm  |  |   |  |   |  |                                 |
| 7:00pm  |  | <b>GTS Group</b><br>6:45-7:15pm             |  |   |  |                                 |
| 7:30pm  |  |   |  |   |  |                                 |

**Gravity Sports Circuit (Ages 8-15)**

Exercises linked to sports activities and competition.

**Gravity Group Strength Series**

**GTS 101 for those who want a basic light workout**

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