

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:30am - 6:15am Studio 1		Group Cycling 5:30am - 6:15am Studio 1		Group Cycling 5:30am - 6:15am Studio 1	
		Group Cycling 6am - 6:45am Studio 1		Group Cycling 6am - 6:45am Studio 1		
	SilverSneakers 8:00am - 8:45am 10:15am-11:15am Gym		SilverSneakers 8:00am - 8:45am 10:15am-11:15am Gym		SilverSneakers 10:15am - 11:15am Gym	
	Total Body Fitness 9:00am- 10:00am Performance Room		Total Body Fitness 9:00am- 10:00am Performance Room		Total Body Fitness 9:00am- 10:00am Performance Room	Step Sculpt & Abs 8:30am - 9:45am Gym
	Pickle Ball 9:00 am - 10:00am Gym	Yoga 9:15am- 10:15am Gym	Pickle Ball 9:00 am - 10:00am Gym	Yoga 9:15am- 10:15am Gym	Enhanced Fitness 9:00am - 10:00am Gym	
		Chair Yoga 10:30am -11:30am Gym		Chair Yoga 10:30am - 11:30am Gym		Barre 9:00am - 10:00am Studio 2
	Enhanced Fitness 11:15am - 12:15am Gym		Enhanced Fitness 11:15am - 12:15am Gym			
	Zumba 4:30pm - 5:30pm Gym	Beginners Zumba 4:30 pm-5:30pm Gym	Zumba 4:30pm - 5:30pm Gym	Beginners Zumba 4:30pm- 5:30pm Gym		
	Power Pump 5:30pm - 6:25pm Gym	Step Sculpt & Abs 5:30pm - 6:25pm Gym	Pickle Ball 530pm -630pm Gym	Cardio Drills 5:30pm - 6:25pm Gym		
		Barre 5:30pm - 6:30pm Studio 2		Barre 5:30pm - 6:30pm Studio 2		
	Aquacise 10:00am-11:00am 1:00pm-2:00pm 6:30pm-7:30pm	Aquacise 10:00am-11:00am 1:00pm-2:00pm	Aquacise 10:00am-11:00am 1:00pm-2:00pm 6:30pm-7:30pm	Aquacise 10:00am-11:00am 1:00pm-2:00pm		

Pool Hours

Mon-Thurs: 7-10am;
11am-1pm; and
4-7:30pm
Fri: 7am-1pm; 4-
7:30pm
Sat: 7 am-4pm
Sun: 1pm-4pm

Owensboro Family YMCA Hours

Monday – Friday: 5am-8pm

Saturday: 7am-4pm

Sunday: 1pm-4pm

Registration is open Monday-Friday from 1-6pm and Saturday from 9am-noon.
24-hour access is available for those members with fobs (no locker room access)

900 Kentucky Parkway Owensboro, KY 42301

www.owensboroymca.org

270-926-9622