



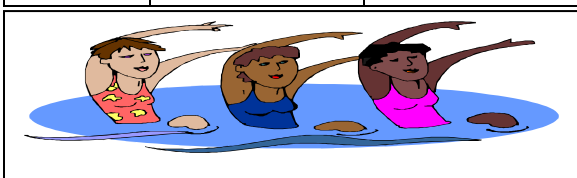
HAYES-TAYLOR MEMORIAL YMCA

Daily Activities SCHEDULE



Phone (336) 272-2131 Fax (336) 274-1413

Time/Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00am	7:00Cardiac Kids 7:30Shallow H2OEx	7:30Deep H2O Ex	7:00Cardiac Kids 7:30Shallow H2OEx	7:30Deep H2O Ex	7:00 Cardiac Kids 7:30Shallow H2OEx	CLOSED	
8:00am	8:15Adult Swim Lessons H2O Therapy	8:15Shallow H2OEx	8:15Adult Swim Lessons H2O Therapy	8:15Shallow H2OEx	H2O Therapy		
9:00am	H2O Therapy Water Walking	9:15 Arthritis Water Ex	H2O Therapy Water Walking	9:15 Arthritis Water Ex	H2O Therapy Water Walking	9:00Beginners' Step Class	///////// ///////// /////////
10:00am	9:30 Silver Sneakers Cardio Circuit	10:00 Silver Sneakers Muscular Strength	9:30 Silver Sneakers Yoga Stretch	10:00 Silver Sneakers Muscular Strength	9:30 Silver Sneakers Cardio Circuit	10:00Gospel Aerobics 10:00 Black Achievers' Meeting	///////// ///////// /////////
11:00am	H2O Therapy	H2O Therapy 11:00 Senior Dance	H2O Therapy	H2O Therapy 11:00Senior Dance			///////// ///////// /////////
12:00pm	H2O Therapy	H2O Therapy	H2O Therapy	H2O Therapy			///////// ///////// /////////
1:00pm	1:00Water Exercise	1:00 Kickboxing and more H2O Therapy	1:00 Water Exercise H2O Therapy	H2O Therapy	1:00 Water Exercise		
2:00pm							
3:00pm							
4:00pm							
5:00pm	Swim Club 5:30 pm Specialty Exercise	Swim Club	Swim Club 5:30pm Specialty Exercise	Swim Club	5:30 pm Students choice; your request will be taken		
6:00pm	6:30 Shallow Aerobic 6:30 PM Step Aerobics	6:30 Shallow Aerobics 6:00 Chess Club 6:00 pm Gospel Aerobics	6:30 Shallow Aerobics 6:30 PM Step Aerobics	6:30 Shallow Aerobics		CLOSED	
7:00pm		7:15 Karate	7:00 Cub Scouts	7:15 Karate			
8:00pm							



Bold – Aquatic Ex. Programs
Normal -Land Ex. Programs

