



Spring 2018
 Room 3 @ Tom Taylor Family YMCA
 April 1st - June 30th

10550 Harbor Hill Drive
 Gig Harbor, WA 98332
 (253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am				Registered Programming 8:30am - 10am	Registered Programming 8:30am - 9:05am		
9am	Kickboxing 9:15am - 10am		Boot Camp 9:30am - 10:30am		Yoga - Chair 9:15am - 10am	Registered Programming 9am - 5pm	
10am	Registered Programming 10am - 11:35am	Registered Programming 10am - 12pm	Registered Programming 10am - 11:15am	Registered Programming 10am - 11:15am	Registered Programming 10:05am - 12:10pm		
12pm		Dance Adult Tap 12pm - 1pm					
1pm	Registered Programming 1pm - 8:15pm	Registered Programming 1pm - 7:10pm	Registered Programming 1pm - 8:15pm				
4pm				Registered Programming 4:30pm - 8:15pm	Registered Programming 4:30pm - 7:10pm		
7pm		Martial Arts - Aikido 7:15pm - 9:15pm			Martial Arts - Aikido 7:15pm - 9:15pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at www.ymcapkc.org or on our mobile application.

Registered classes and Swim Lessons will not occur during these dates;

- April 16-22
- May 21-27
- June 25-30

SPRING BREAK CAMP | April 16-20

SUMMER CAMP | June 25-29

Holiday Hours;

Easter | April 1, CLOSED

Memorial Day | May 28, 7am-3pm



Class Descriptions Tom Taylor Family YMCA

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Boot Camp - Join in boot camp style circuits in this fast-paced class that focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.

Dance Adult Tap - Get ready to make some noise! A dance in which the rhythm is sounded out by clicking taps on the heels and toes of the dancer's shoes. Tap shoes required. For ages 15 and older.

Kickboxing - Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals set to music.

Martial Arts - Aikido - This unique system of combat includes punching, striking, and kicking, and focuses on controlling an attacker through locks, throws, and control techniques to guide his or her energy. Ages 15+

Registered Programming - This area is reserved for registered programming. Please visit our Welcome Center for more information.

Yoga - Chair - Chair support is offered to safely perform seated and standing postures designed to increase flexibility, balance, and range of movement. Breathing and relaxation exercises promote stress reduction and mental clarity.