



Summer Schedule
 Room 1 @ Tom Taylor Family YMCA
 July 1st - September 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Cycling 5am - 5:45am	Cycling 5am - 5:45am	Cycling 5am - 5:45am	Cycling 5am - 5:45am	Cycling 5am - 5:45am		
6am	Cycling 6am - 7am	Cycling 6am - 6:50am	Cycling 6am - 7:15am		Cycling 6am - 7:15am	Cycling 6:45am - 7:30am	
7am		Yoga 7am - 7:30am		Cycling 7:30am - 8:30am		Cycling 7:45am - 8:45am	
9am	Cycling 9am - 10am	Cycling 9am - 10am	Cycling 9am - 10am	Cycling 9am - 10am	Cycling 9:15am - 10am	Cycling 9am - 10am	Cycling 9am - 10am
10am	Jillian Michael's BODYSHRED™ 10:15am - 11am	FIT 10:15am - 11am	Jillian Michael's BODYSHRED™ 10:15am - 11am	FIT 10:15am - 11am	Jillian Michael's BODYSHRED™ 10:15am - 11am		
11am	Zumba® Gold 11:15am - 12:15pm	Reserved 11am - 1:30pm	Zumba® Gold 11:15am - 12:15pm	Reserved 11am - 1:30pm	Zumba® Gold 11:15am - 12:15pm	Zumba Toning® 11:15am - 12:15pm	
12pm	Cycling 12:30pm - 1:15pm		Cycling 12:30pm - 1:15pm		Cycling 12:30pm - 1:15pm		
1pm	Pilates 1:30pm - 2:30pm		Pilates 1:30pm - 2:30pm		Pilates 1:30pm - 2:30pm	Martial Arts - Taekwondo 1pm - 2pm	Martial Arts - Hapkido 1pm - 3pm
2pm				Registered Programming 2pm - 2:30pm		Martial Arts - Taekwondo 2pm - 3pm	
3pm	Pedaling for Parkinson's 3pm - 4pm		Pedaling for Parkinson's 3pm - 4pm		Pedaling for Parkinson's 3pm - 4pm		
4pm		Healthy Back 4:15pm - 5pm		Healthy Back 4:15pm - 5pm			
5pm		Jillian Michael's BODYSHRED™ 5:30pm - 6:15pm	Martial Arts - Taekwondo 5pm - 6pm	Jillian Michael's BODYSHRED™ 5:30pm - 6:15pm			
6pm	Cycling 6:15pm - 7:15pm	Martial Arts - Hapkido 6:30pm - 8pm	Cycling 6:15pm - 7:15pm	Reserved 6:30pm - 8pm			

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.

Special hours of operation:

- Independence Day | July 4, 7am – 1pm
- Summer Celebration | August 17, 4:45am – 5pm
- Labor Day | September 3, 7am-3pm



Class Descriptions Tom Taylor Family YMCA

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

Cycling - Build endurance and strength during this high-energy, interval class of cardio-muscular training. All fitness levels welcome. Bring a towel and water bottle.

FIT - Functional Intensity Training. Learn to move the body optimally through a full range of motions through interval exercises. Body weight and resistance equipment are implemented.

Healthy Back - Gain back pain relief through gentle strengthening exercises. Class is open to all wanting to protect their back and keep it healthy.

Jillian Michael's BODYSHRED™ - Jillian Michaels BODYSHRED™ is a high intensity and endurance based 30 minute workout. You will shred fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

Martial Arts - Hapkido - Korean martial arts class teaches self-defense using kicking, throwing, and joint-lock moves.

Martial Arts - Taekwondo - A Korean art using hands and feet as a means of practical self-defense is recognized as the national sport of Korea as well as an Olympic sport.

Pedaling for Parkinson's - Research conducted at Cleveland Clinic showed 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace-optimally, 80-90 revolutions per minute.

Pilates - Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization.

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

Reserved - Reserved for meetings and programming overflow. Available to adults 18 years and older when not in use. Visit the Welcome Center for access to Youth Center.

Yoga - Control breathing through a series of flowing movements designed to strengthen and lengthen muscles while developing a mind-body connection. Guidance through yoga postures improves strength, balance and flexibility.

Zumba Toning® - Combines targeted body-sculpting exercises and high-energy cardio with Latin-infused Zumba moves to create a calorie-burning, strength training fitness class.

Zumba® Gold - Exciting Latin inspired dance rhythms created in the original Zumba® class modified for the active older adult, beginner, or anyone needing modifications for a successful class. Includes chair workouts.