



# Y+STUDIO CLASS SCHEDULE BENJAMIN HARRISON YMCA

The YMCA's +Studio Membership is for people who want an all inclusive approach to their training. Small Group Training is lead by a Certified Trainer who serve as "coaches" to challenge small teams of 6-12 people to achieve a higher level of fitness through science-based, month-long, progressive training using circuit, interval and cardio equipment.

MON	TUE	WED	THUR	FRI
	6 AM-7 AM <b>SGT: Strength</b> Claude		5:45 AM-6 AM <b>SGT: Intro</b> Claude	11AM-12PM <b>Women on Weights</b> Claire
		7:45 AM-8 AM <b>SGT: Intro</b> Claire	6 AM-7 AM <b>SGT: Strength</b> Claude	12 PM-1 PM <b>Small Group Training</b> Shaunda
8 AM-9 AM <b>Small Group Training</b> Emily	8 AM-9 AM <b>Summer Health Challenge</b> Claude	8 AM-9 AM <b>Small Group Training</b> Claire	9:15 AM-10 AM <b>Beginners TRX</b> Sonya	
	10:15 AM - 11 AM <b>SGT: TRX</b> Sonya		10:15 AM - 11 AM <b>SGT: TRX</b> Sonya	
				SAT
12 PM-1 PM <b>Small Group Training</b> Emily	11 AM-12 PM <b>Small Group Training</b> Karen	12 PM-1 PM <b>Women on Weights</b> Claire	11 AM - 12 PM <b>Summer Health Challenge</b> Karen	8 AM-9 AM <b>Small Group Training</b> Claire
	5:45 PM-6 PM <b>SGT: Intro</b> Shaunda			9 AM-9:30 AM <b>Mobility Stretching</b> Claire
	6 PM-7 PM <b>Small Group Training</b> Shaunda		5:30PM-6:30PM <b>Summer Health Challenge</b> Instructor Rotation	SUN

**Y Members:** \$53/month

**Drop-in:** \$15/class

**MEMBERS TRYING A +STUDIO CLASS FOR THE FIRST TIME CAN ATTEND ONE FOR FREE!**  
Workouts are limited and are on a first come, first served basis.

For more information, please contact Jacob Martin at [jmartin@indymca.org](mailto:jmartin@indymca.org)