ATHLETIC PERFORMANCE CENTER CENTRAL

Effective 11/14/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
H.I.I.T. 6:00-6:45 am John	MEMBER ACCESS 6:00 - 9:00a	H.I.I.T. 6:00-6:45 am Gayle	MEMBER ACCESS 6:00 - 9:00a	H.I.I.T. 6:00-6:45 am Gayle	
H.I.I.T. & Stretch 9:00-10:00 am Carl		H.I.I.T. & Stretch 9:00-10:00 am Carl		H.I.I.T. & Stretch 9:00-10:00 am Lou/Sally	Boot Camp 9:30-10:30 am Alyssa
	Boot Camp 10:30 -11:30 Carl			MEMBER ACCESS 10:30 am - 4:00 pm	Athletic Performance Jump Stretch 10:30-11:30 am
MEMBER ACCESS 11:00 am - 3:00 pm	MEMBER ACCESS 11:30 am - 3:30 pm	MEMBER ACCESS 11:00 am - 3:00 pm	MEMBER ACCESS 11:30 am - 3:30 pm		MEMBER ACCESS 11:30 am - 5:00 pm
Athletic Performance Jump Stretch Training 4:00-5:00 pm		Athletic Performance Jump Stretch Training 4:00-5:00 pm	Jump Stretch Orientation 4:00-4:45 pm		
Boot Camp 6:00-7:00 pm Alyssa	Athletic Performance Jump Stretch Training 5:15-6:15 pm	Boot Camp 6:00-7:00 pm Alyssa	Athletic Performance Jump Stretch Training 5:15-6:15 pm		
MEMBER ACCESS 7:00-8:00 pm	H.I.I.T. & Stretch 6:30-7:30 pm Carl	MEMBER ACCESS 7:00-8:00 pm	H.I.I.T. & Stretch 6:30-7:30 pm Sherri		

MEMBERSHIP ACCESS : Come try out our functional training equipment!

The Athletic Performance Center (APC) is for adults 18+

Individuals 14-17yrs must be accompanied by a guardian unless signed into a program.

Classes in black are paid classes and can be registered for at the Service Desk

For class descriptions & updates checkout out our app!

Download on the App Store

GET IT ON Google Play

Classes in the dark shaded boxes require a registration fee.

For pricing visit our website

the YMCA