



# Inclement Weather Group Exercise Schedule

Summer II Session: July 17-August 13, 2017

## MONDAYS

| TIME            | CLASS              | LEVEL          | INSTRUCTOR | LOCATION |
|-----------------|--------------------|----------------|------------|----------|
| 8:30AM - 9:25AM | Cross Conditioning | High Intensity | Cheryl     | 1/2 Gym  |

## TUESDAYS

| TIME              | CLASS                   | LEVEL                   | INSTRUCTOR | LOCATION  |
|-------------------|-------------------------|-------------------------|------------|-----------|
| 9:00AM - 9:55AM   | Strength & Conditioning | Low/Moderate Intensity  | Yolla      | 1/2 Gym   |
| 9:30AM - 10:30AM  | Step                    | Moderate/High Intensity | Marion     | Mezzanine |
| 10:30AM - 11:00AM | Abs & Arms              | Moderate Intensity      | Tara       | Mezzanine |

## WEDNESDAYS

| TIME             | CLASS              | LEVEL                   | INSTRUCTOR | LOCATION |
|------------------|--------------------|-------------------------|------------|----------|
| 8:30AM - 9:25AM  | Cross Conditioning | High Intensity          | Cheryl     | 1/2 Gym  |
| 9:30AM - 10:30AM | Zumba              | Moderate/High Intensity | Jill       | 1/2 Gym  |

## THURSDAYS

| TIME                | CLASS                   | LEVEL                   | INSTRUCTOR | LOCATION      |
|---------------------|-------------------------|-------------------------|------------|---------------|
| 9:00AM - 9:55AM     | Strength & Conditioning | Low/Moderate Intensity  | Yolla      | Multi-Purpose |
| 9:00 AM - 10:00 AM  | TRX Level I             | Moderate/High Intensity | Lauren     | 1/2 Gym       |
| 10:00 AM - 11:00 AM | TRX Level I             | Moderate/High Intensity | Lauren     | 1/2 Gym       |
| 9:30AM - 10:30AM    | Step                    | Moderate/High Intensity | Marion     | Mezzanine     |
| 10:30AM - 11:00AM   | Abs & Arms              | Moderate Intensity      | Tara       | Mezzanine     |

## FRIDAYS

| TIME             | CLASS              | LEVEL                   | INSTRUCTOR | LOCATION |
|------------------|--------------------|-------------------------|------------|----------|
| 8:30AM - 9:25AM  | Cross Conditioning | High Intensity          | Cheryl     | 1/2 Gym  |
| 9:30AM - 10:25AM | Zumba              | Moderate/High Intensity | Jill       | 1/2 Gym  |

**STRENGTH  
AND FUN  
IN NUMBERS**  
Group Exercise Classes



- \*Indicates that registration is required & that there may be a program fee. Please contact Welcome Center in order to register.
- Registration opens 24 hours in advance for each spin class. Contact the Welcome Center to secure your spot, space is limited!
- The schedule is subject to change at any time due to Y events. Stay up to date by checking out our website or Facebook page.

Green signifies a lower intensity class

Blue signifies a moderate intensity class

Purple signifies a higher intensity class



## MYSTIC YMCA SUMMER INCLEMENT WEATHER POLICY 2017

The Mystic Branch is host to our annual Mystic YMCA Day Camp which operates on the premises by our waterfront. When inclement weather creates the need for the Campers to come indoors it may impact our regular scheduled programming. To accommodate our members and the 100+ campers we serve each week throughout the summer we will be running a modified Group Fitness schedule. This schedule is effective ONLY if the Mystic Day Camp moves indoors; otherwise our regular program schedules will be followed.

What constitutes inclement weather?

Camp will move indoors for the following reasons:

- Thunder and lightning
- High heat index day
- Excessive rain
- Other factors deemed potentially dangerous

When will the decision be made?

The decision will be made by the Camp Director in consultation with the Mystic Branch Director as weather develops. The decision will be made with the safety of the campers as our focus.

How will I know if the Summer Inclement Weather Schedule is in place?

The announcement will be posted on the Ocean Community YMCA Website, the Ocean Community YMCA Facebook page and through our Constant Contact email communication.

Which classes are affected by the decision?

The Mystic Day Camp runs Monday-Friday from 8:45am-4:00pm. All Sports programs located in the gym will be cancelled and rescheduled for another date. All Group Fitness classes will run on a modified schedule.

Our staff will do our best to accommodate all members, but class cancellations may still occur. Thank you for your understanding and flexibility.