



GRANTS PASS FAMILY YMCA

OUTSIDE FITNESS

Free to the Community

Monday	Tuesday	Wednesday	Thursday	Friday
11am - 12pm Movin'n Grovin Toki	11:30am - 12:30pm Tai Chi Chuck	11am - 12pm Movin'n Grovin Toki	11:30am - 12:30pm Tai Chi Chuck	
2pm Boot Camp Glen	12:30pm Walking to the Park Susan (except when raining)	2pm Boot Camp Glen	12:30pm Walking to the Park Susan (except when raining)	2pm Boot Camp Glen
5:30pm - 6:30pm Fitness first Paisley	2pm Boot Camp Liz	5:30pm - 6:30pm Fitness first Paisley	2pm Boot Camp Liz	