



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BA Fit Factory

August 8 - December
Fall Schedule

Time	Monday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:00-9:30 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30- 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Tuesday	Rm
5:30-6:00 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30- 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Wednesday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:00-9:30 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30- 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Thursday	Rm
5:30-6:00 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30- 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Friday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:00-9:30 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30- 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Saturday	Rm
7:30-8:00 AM	BA Fit Factory	G



Key

G: Gym

Coaches: Blake,
Ashley, Betty

YMCA 360 ON DEMAND

Take an exercise class ANYTIME you want!!

YMCA 360, an exclusive collection of on-demand and livestream classes. We have TWO 55' TV's ready for YOU! Pick a class that suits your lifestyle.

FREE for all current YMCA members. Go to ymca360.org and get your account registered. Ask MSA for a key to Aerobics Studio and remote control to TV to get started on your time and day of your wish!

For questions or concerns please contact Stacy Castoe at 620.275.1199 ext. 101 or scastoe@ymcaswkansas.org

The Y... So Much More. | Garden City Family YMCA | www.ymcaswkansas.org