



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BA Fit Factory

September - 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: 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](http://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 Amy Calderon at 620.275.1199 ext. 205 or [acalderon@ymcaswkansas.org](mailto:acalderon@ymcaswkansas.org)

**Garden City Family YMCA | The Y... So Much More. | [www.ymcaswkansas.org](http://www.ymcaswkansas.org)**