



YMCA GROUP FITNESS CLASS SCHEDULE - Effective MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am (C) CYCLE-Colleen	5:30-6:30am (C) CYCLE-Amy	6:00-7:00am (STR) ** KICK BUTT KETTLEBELLS- Karen	5:30-6:30am (C) CYCLE-Amy	5:45-6:45 am (STR) ** TRX - Karen	8:00-9:00 am (STR) ** TRX BOOTCAMP Elena / Karen	9:30-10:30am (C) CYCLE-Rotating
5:45-6:45 am (STR) ** TRX - Karen	7:00-8:00am (Y) MORNING YOGA-Kimberly	6:00-7:00am (GF) TOTAL BODY STRENGTH TRAINING-Colleen	7:00-8:00am (Y) MORNING YOGA-Sally	6:00-7:00am (GF) TOTAL BODY STRENGTH TRAINING-Elena M	8:00-9:00am (C) CYCLE-Sue	10:30-11:30am (GF) DANCE XROSS FITNESS-Drew/Lainie
6:45-7:30am (STR) ** 7:30-8:00am (STR) ** TRX-Karen	9:30-10:30am (GF) BODY FUSION-Lisa	7:00-8:00am (GF) CV FITNESS	9:30-10:30am (GF) BODY FUSION-Brooke	6:45-7:30am (STR) ** 7:30-8:00am (STR) ** TRX-Karen	8:30-9:30am (GF) DANCE IT OUT- Stephannie	** SIGN UP @ FRONT DESK
7:00-8:00am (GF) CV FITNESS	10:00-10:30am (STR) ** 10:30-11:00am (STR) ** TRX - Bill	8:30-9:30am (Y) BEGINNER YOGA-Carol	10:00-10:30am (C) GENTLE CYCLE- Bill	7:00-8:00am (GF) CV FITNESS	9:30-10:30am (GF) PUMP n CORE- Donna	
9:30-10:30am (GF) ZUMBA GOLD-Kathy	12:15-1:15pm (C) CYCLE- Scott	9:30-10:30am (GF) ZUMBA-Jenne	11:00-12:00pm (GF) SIT n GET FIT-Brooke	8:30-9:30am (C) CYCLE-Judy	9:30-10:30am (Y) VINAYASA YOGA-Jean	
4:30-5:30 pm (GF) DANCE XROSS FITNESS- Lainie	4:15-5:15pm (C) CYCLE-Judy *CYCLE POWER - 3/27*	4:30-5:30pm (GF) ZUMBA-Toni	12:15-1:15pm (C) CYCLE-Kathy	8:30-9:30am (GF) BEGINNER TAI CHI-Eileen	10:45-11:45am (Y) BEGINNER YOGA-Liz	
5:30-6:30pm (GF) TOTAL BODY STRENGTH TRAINING-Sue	5:00-5:30pm (GF) ABS n CORE-Kathy	5:30-6:30pm (GF) PiYo-Gigi	4:30-5:30pm (D) BOOTCAMP-Joanne	9:30-10:30am (GF) INTERMEDIATE TAI CHI- Celeste		
5:30-6:30pm (C) CYCLE-Brittany	5:30-6:30pm (GF) Y PILATES-Kathy	5:30-6:30pm (C) CYCLE - Scott	5:30-6:30pm (GF) DXF DANCE-Stacey	10:00-10:45am (STR) ROWING-Bill		
5:30-6:30pm (Y) YOGA FLOW-Jean	6:30-7:30pm (GF) SIT n GET FIT-Brooke	6:30-7:30pm (GF) INSANITY-Donna	5:30-6:30pm (C) CYCLE-Sophia	4:30-5:30pm (C) CYCLE-Amy		
YMCA of KINGSTON & ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810 www.ymcaulster.org	YMCA HOURS: * MON-FRI 5am-9pm * SAT 7am-4pm * SUN 9am-3pm	6:30-7:30pm (Y) POWER VINAYASA FLOW YOGA-Dina	6:30-7:15pm (GF) POUND-Stephannie (1st & 3rd Thursday)	5:30-6:30pm (GF) INSANITY-Donna		
		YMCA CHILD CARE HOURS: MON-THURS 9:30-12pm MON & WEDS 5:30-7pm FRI 10-1pm	6:30-7:30pm (Y) MONTHLY YOGA SERIES: *** *RESTORATIVE YOGA Jean - 3/8 *** *YOGA NIDRA Jean - 3/22	LIKE US ON FACEBOOK!! 	FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	
LOCATION CODE: STR=SPECIALIZED TRAINING ROOM Y = YOGA STUDIO GF = GROUP FITNESS ROOM C = CYCLE ROOM D = THE DEN						