








YMCA GROUP FITNESS CLASS SCHEDULE - Effective JULY 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-Rotating	
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	12:15-1:15pm (C) CYCLE- Scott	8:30-9:30am (Y) BEGINNER YOGA-Carol	10:00-10:30am (C) GENTLE CYCLE-Colleen	7:00-8:00am (GF) CV FITNESS	9:30-10:30am (GF) PUMP n CORE- Donna		
9:30-10:30am (GF) ZUMBA GOLD-Kathy	4:15-5:15pm (C) CYCLE-Judy	9:30-10:30am (GF) ZUMBA-Jenne	10:00-10:45am (STR) ROWING-Kelle	8:30-9:30am (C) CYCLE-Judy	9:30-10:30am (Y) VINYASA YOGA-Jean		
4:30-5:30 pm (GF) DANCE XROSS FITNESS- Lainie	5:00-5:30pm (GF) ABS n CORE-Kathy	4:30-5:30pm (GF) ZUMBA-Toni	11:00-12:00pm (GF) SIT n GET FIT-Brooke	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	5:30-6:30pm (GF) Y PILATES-Kathy	5:30-6:30pm (GF) PiYo-Gigi	12:15-1:15pm (C) CYCLE-Kathy	9:30-10:30am (GF) INTERMEDIATE TAI CHI- Celeste			
5:30-6:30pm (C) CYCLE-Brittany	6:30-7:30pm (GF) SIT n GET FIT-Brooke	5:30-6:30pm (C) CYCLE - Scott	4:30-5:30pm (GF) BOOTCAMP-Joanne	10:30-11:00am(STR) * 11:00-11:30am(STR) * TRX - Gigi			
5:30-6:30pm (Y) YOGA FLOW-Jean		6:30-7:30pm (GF) INSANITY-Donna	4:30-5:30pm (Y) YIN YOGA-Charlotte (No class in July)	4:30-5:30pm (C) CYCLE-Amy			
YMCA HOURS: * MON-FRI 5am-9pm * SAT 7am-4pm * SUN 9am-3pm	YMCA CHILD CARE HOURS: MON-THURS 9:30-12pm MON & WEDS 5:30-7pm FRI 10-1pm	6:30-7:30pm (Y) POWER VINYASA FLOW YOGA-Dina	5:30-6:30pm (GF) DXF DANCE-Stacey	LIKE US ON FACEBOOK!!   			FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY YMCA of KINGSTON & ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810 www.ymcaulster.org
			5:30-6:30pm (C) CYCLE-Amy		6:30-7:15pm (GF) POUND-Stephannie (7/19 only)		
			6:30-7:30pm (Y) MONTHLY YOGA SERIES w/ Jean *RESTORATIVE -7/12 *YOGA NIDRA-7/26				

LOCATION CODE:

- STR=SPECIALIZED TRAINING ROOM
- Y = YOGA STUDIO
- GF = GROUP FITNESS ROOM
- C = CYCLE ROOM
- D = THE DEN