




# YMCA GROUP FITNESS CLASS SCHEDULE - FALL 2018 (EFFECTIVE 10/16/18)

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	<p><b>* SIGN UP @ FRONT DESK</b></p>	
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	10:00-11:00am (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	5:30-6:30pm (GF) PILATES*YOGA*CORE- Kathy	4:15-5:15pm (C) CYCLE POWER-Judy (MONTHLY: 10/24)	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-Ed		
5:30-6:30pm (GF) TOTAL BODY STRENGTH TRAINING-Sue	6:30-7:30pm (GF) SIT n GET FIT-Brooke	5:30-6:30pm (C) CYCLE - Scott	12:15-1:15pm (C ) CYCLE-Kathy	9:30-10:30am (GF) INTERMEDIATE TAI CHI- Celeste			
5:30-6:30pm (C ) CYCLE-Brittany		5:30-6:00pm (STR) PiYo Express-Gigi	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		6:00-6:30pm (STR) * TRX -Gigi	4:30-5:45pm (Y) YIN YOGA-Charlotte	4:30-5:30pm (C) CYCLE-Amy			
<p><b>YMCA HOURS:</b> * MON-FRI 5am-9pm * SAT 7am-4pm * SUN 9am-3pm</p>		<p><b>YMCA CHILD CARE HOURS:</b> * MON-THURS 9:30-12pm * FRI 10-1pm * Mon &amp; Weds 5:30-7pm</p>		6:00-7:00 (GF) INSANITY-Donna			5:30-6:30pm (GF) DXF DANCE-Stacey
		6:30-7:30pm (Y) POWER VINYASA FLOW YOGA-Dina	5:30-6:30pm (C) CYCLE-Cybill		6:30-7:15pm (GF) POUND-Stephannie (1st & 3rd Thursday) 6:00-7:00pm (Y) MONTHLY: *RESTORATIVE: 10/11, 11/8 & 12/13 *YOGA NIDRA: 10/25, 11/29 & 12/20 Jean		
<p>YMCA of KINGSTON &amp; ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810 www.ymcaulster.org</p>		<p><b>LOCATION CODE:</b></p> <p>STR=SPECIALIZED TRAINING ROOM Y = YOGA STUDIO GF = GROUP FITNESS ROOM C = CYCLE ROOM D = THE DEN</p>					