




YMCA GROUP FITNESS CLASS SCHEDULE - WINTER 2019 (Effective 1/1/19) - FREE WITH Y MEMBERSHIP!

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	8:30-9:30 am (STR) * TRX BOOTCAMP Elena / Gigi	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>* SIGN UP @ FRONT DESK</p> <hr/> <p>Group Fitness Class Age Policy: Age 12 & UP (Age 12-14 must be w/Adult)</p> <p>LOCATION CODE:</p> <p>STR=SPECIALIZED TRAINING ROOM Y = YOGA STUDIO GF = GROUP FITNESS ROOM C = CYCLE ROOM D = THE DEN</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	3:00-3:30pm (C) TEEN CYCLE-Heather *STARTS 1/15*	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) VINAYASA YOGA-Jean	
4:30-5:30 pm (GF) DANCE XROSS FITNESS- Lainie	4:15-5:15pm (C) CYCLE-Judy	4:15-5:00pm (C) CYCLE POWER-Judy MONTHLY: 1/30, 2/27, 3/27	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	5:30-6:30pm (GF) PILATES*CORE*YOGA - Kathy	5:30-6:30pm (C) CYCLE - Scott	12:15-1:15pm (C) CYCLE-Kathy	9:30-10:30am (GF) INTERMEDIATE TAI CHI- Celeste	 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>	
5:30-6:30pm (C) CYCLE-Brittany	6:30-7:30pm (GF) SIT n GET FIT-Brooke	5:30-6:00pm (STR) PiYo Express-Gigi	3:00-3:30pm (C) TEEN CYCLE-Judy *STARTS 1/17*	10:30-11:00am(STR) * 11:00-11:30am(STR) * TRX - Gigi		
5:30-6:30pm (Y) YOGA FLOW-Jean	<p>FREE CHILDCARE WHILE YOU WORK OUT! *****</p> <p>KIDS CORNER HOURS: * MON-THURS 9:30-12pm * FRI 10-1pm * Mon & Weds 5:30-7pm</p>	6:00-6:30pm (STR) * TRX -Gigi	4:30-5:30pm (GF) BOOTCAMP-Joanne	10:30-11:30am (GF) ZUMBA-Jenne		
<p>YMCA HOURS: * MON-FRI 5am-9pm * SAT 7am-4pm * SUN 9am-3pm</p>		6:00-7:00 (GF) INSANITY-Donna	4:30-5:45pm (Y) YIN YOGA-Charlotte	4:30-5:30pm (C) CYCLE-Amy		
		6:00-7:00pm (Y) YOGA FLOW-Dina	5:30-6:30pm (GF) DXF DANCE-Stacey	5:30-6:30pm (GF) INSANITY-Donna		
		5:30-6:15pm (C) CYCLE-Heather				
6:00-7:00pm (Y)-Jean RESTORATIVE YOGA- 2nd Thurs YOGA NIDRA-4th Thurs		<p>YMCA of KINGSTON & ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810 www.ymcaulster.org</p>				
6:30-7:15pm (GF) POUND-Stephannie (1st & 3rd Thursday)						