
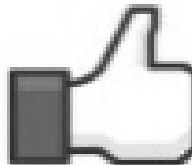




# YMCA GROUP FITNESS CLASS SCHEDULE (Effective 6/22/2019) - FREE WITH Y MEMBERSHIP!

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	5:30-6:30 am (STR) * TRX - Karen	8:30-9:30 am (STR) * TRX BOOTCAMP Elena / Gigi	9:30-10:30am (C) CYCLE-Rotating	
5:30-6:30 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-Annetta	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> <hr/> <p>Group Fitness Class Age Policy: Age 12 &amp; UP (Age 12-14 must be w/Adult)</p> <p><b>LOCATION CODE:</b></p> <p>STR=SPECIALIZED TRAINING ROOM</p> <p>Y = YOGA STUDIO</p> <p>GF = GROUP FITNESS ROOM</p> <p>C = CYCLE ROOM</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	5:00-5:30pm (GF) DANCE IT OUT-Stephannie	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 (Y) CORE n FLOW -Gigi	5:30-6:00pm (GF) POUND-Stephannie	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) SIT n GET FIT-Brooke *NEW TIME STARTS 7/2	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	<p><b>FREE CHILDCARE WHILE YOU WORK OUT! *****</b></p> <p><b>KIDS CORNER HOURS: *</b></p> <p><b>MON-THURS 9:30-12pm *</b></p> <p><b>FRI 10-1pm *</b></p> <p><b>Mon &amp; Weds 5:30-7pm</b></p>	5:30-6:00pm (STR) PiYo Express-Gigi	4:30-5:30pm (GF) BOOTCAMP-Joanne	4:30-5:30pm (C) CYCLE-Amy			
5:30-6:30pm (Y) YOGA FLOW-Jean		6:00-6:30pm (STR) * TRX -Gigi	4:30-5:45pm (Y) YIN YOGA-Charlotte	  			6:00-7:00 (GF) INSANITY-Donna
<p><b>YMCA HOURS:</b></p> <p>* <b>MON-FRI 5am-9pm</b></p> <p>* <b>SAT 7am-4pm</b></p> <p>* <b>SUN 9am-3pm</b></p>		6:00-7:00pm (Y) YOGA FLOW-Dina	5:30-6:30pm (C) CYCLE-Guen				6:00-7:00pm (Y) RESTORATIVE YOGA- 2nd Thurs -Jean *