








GROUP EXERCISE CLASS SCHEDULE

May 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7-7:45 AM Maintain Your Health • Justin-G3		7-7:45 AM Maintain Your Health • Justin-G3		7-7:45 AM Maintain Your Health • Justin-G3	
	8-8:45 AM TRX \$ Justin-G2	8-9 AM PiYo@ LIVE Δ Carissa-G3 & ZOOM	8-8:45 AM TRX \$ Justin-G2	8-9 AM PiYo@ LIVE Δ Carissa-G3 & ZOOM	8-8:45 AM TRX \$ Justin-G2	
	8-8:45 AM R.I.P.E.D. Δ Rachel-G3 & ZOOM	9:05-9:45 AM Chair Fit • Ω Jesselyn-G3		9:05-9:45 AM Chair Fit • Ω Jesselyn-G3	8-8:45 AM R.I.P.E.D. Δ Rachel-G 3 & ZOOM	
LATE MORNING	9-9:45 AM Power Pump Kelli-G3 & ZOOM	9-9:45 AM TRX \$ Justin-G2	9-9:45 AM Power Pump Kelli-G3 & ZOOM	9-9:45 AM TRX \$ Justin-G2	9-9:45 AM Cycle Pat-G3	
	9-9:45 AM Zumba@ Dale-G2		9-9:45 AM Zumba@ Dale-G2		9-9:45 AM Zumba@ Dale-G2	
		10-10:45 AM Tai Chi • Karin-G2	10-10:45 AM Tai Chi • Ω <i>Beginning level</i> Karin-G2	10-10:45 AM Tai Chi • Karin-G2		<i>Classes are subject to change without notice. Please check YMCA website and Facebook often for updates.</i>
10:15-11 AM Yoga • Ω <i>All levels</i> Allie -G3	10:30-11 AM Balance and Strength • Christel Joy-G3	10:15-11 AM Yoga • Ω <i>All levels</i> Allie -G3	10:30-11 AM Balance and Strength • Christel Joy-G3	10:15-11 AM Yoga • Ω <i>All levels</i> Allie -G3		
11:15-12 PM MELT • Karin- ZOOM ONLY	11:15-12 PM MELT • Karin-G3 & ZOOM	11:15-12 PM MELT • Karin-G3 & ZOOM	11:15-12 PM MELT • Karin-G3 & ZOOM	11:15-12 PM MELT • Karin- ZOOM ONLY		
4:30-5:15 PM Power Pump Jesselyn-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori- ZOOM ONLY	4:30-5:15 PM Power Pump Jesselyn-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori- ZOOM ONLY			
AFTERNOON	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Yoga • Mari-G3	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Yoga • Mari-G3	5:30-6:15 PM Cycle Lite Pat-G3	
	5:30-6:15 PM TRX \$ Savvy-G2		5:30-6:15 PM TRX \$ Savvy-G2			
	6:30-7:15 PM Cycle & Sculpt Δ Pat-G3		6:30-7:15 PM Cycle HIIT Δ Pat-G3			
EVENING			6:30-7:30 PM R.I.P.E.D. Δ Rachel-G2 & ZOOM			SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 Zoom Class Key: • gentle Δ Advanced Ω New Class \$ Paid Program
	6-6:45 PM Outdoor Yoga • Lori-Fenced Lawn		6-6:45 PM Outdoor Yoga • Lori-Fenced Lawn			
	Zoom - Contact Gabrielle at gparks@wwymca.org to participate in our Zoom classes \$ TRX is a paid program. Sign up at the Membership desk.					