






GROUP EXERCISE CLASS SCHEDULE

FALL 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		8-8:45 AM TRX \$ Justin-G2		8-8:45 AM TRX \$ Justin-G2		
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3 & ZOOM	9-9:50 AM Power Pump Kelli-G3 & ZOOM		9-9:50 AM Power Pump Kelli-G3 & ZOOM	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G 3 & ZOOM	8:30-9:30 AM Power Pump Jessey-G3	
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-9:45 AM Chair Fit • Ω Jesselyn - MPR	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-9:45 AM Chair Fit • Ω Jesselyn-MPR			
	9-10 AM Family Fit Hillary-G3	9-9:45 AM TRX \$ Justin-G2	9-10 AM Family Fit Hillary-G3	9-9:45 AM TRX \$ Justin-G2			
LATE MORNING	9-9:45 AM Zumba@ Dale-G2	10-10:30 AM Balance and Strength Justin-G3	9-9:45 AM Zumba@ Dale-G2	10-10:30 AM Balance and Strength Justin-G3	9-9:45 AM Zumba@ Dale-G2	8:30-9:15 AM Cycle Sara-Cycle Rm Postponed until further notice	
	9-9:45 AM Cycle Pat-Cycle Rm Starts Nov 1	10-10:45 AM Tai Chi • Karin-G2	9-9:45 AM Cycle Pat-Cycle Rm Starts Nov 1	10-10:45 AM Tai Chi • Karin-G2	9-9:45 AM Cycle Pat-Cycle Rm Starts Nov 1		
		10-10:40 AM Restorative Health Lori-MPR	10-10:45 AM Tai Chi • Ω <i>Beginning level</i> Karin-G2	10-10:40 AM Restorative Health Lori-MPR		<i>Classes are subject to change without notice. Please check YMCA website and Facebook often. for updates.</i>	
	10:15-11:05 AM Yoga Allie -G3 & ZOOM	10:50-11:30 AM Restorative Yoga Lori-MPR	10:15-11:10 AM Yoga Allie -G3 & ZOOM	10:50-11:30 AM Restorative Yoga Lori-MPR	10:15-11:10 AM Yoga Allie -G3 & ZOOM		
	11:15-12:15 PM MELT • Karin- ZOOM ONLY	11:15-12:15 PM MELT • Karin-G3 & ZOOM	11:15-12:15 PM MELT • Karin-G3 & ZOOM	11:15-12:15 PM MELT • Karin-G3 & ZOOM	11:15-12:15 PM MELT • Karin- ZOOM ONLY		
11:20-12 PM Chair Yoga • Ω Allie -G2		11:20-12 PM Chair Yoga • Ω Allie -G2		11:20-12 PM Chair Yoga • Ω Allie -G2			
12:10-12:55 PM Gentle Yoga • Ω Allie -G2		12:10-12:55 PM Gentle Yoga • Ω Allie -G2		12:10-12:55 PM Gentle Yoga • Ω Allie -G2			
AFTERNOON	4:30-5:15 PM Power Pump Jesselyn-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3- ZOOM ONLY	4:30-5:15 PM Power Pump Jesselyn-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3- ZOOM ONLY	SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR - Multipurpose room LC - Learning Center Zoom		
	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Zen Lounge • Michele-G3	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:15 PM Zen Lounge • Michele-G3			Class Key: • gentle Δ Advanced Ω New Class \$ Paid Program
	5:30-6:15 PM TRX \$ Savvy-G2	5:30-6:15 PM Cycle Lori-Cycle Rm Postponed until further notice	5:30-6:15 PM TRX \$ Savvy-G2	5:30-6:15 PM Cycle Lori-Cycle Rm Postponed until further notice			
	Zoom - Contact Josh at jklingenberg@wwymca.org to participate in our Zoom classes \$ TRX is a paid program - Sign up at the Membership desk						
EVENING							