






GROUP EXERCISE CLASS SCHEDULE

WINTER 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-G3 & ZOOM	8:30-9:30 AM Power Pump Jessey-G3
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-Board Rm	9-9:45 AM Chair Fit • Ω Lori-Board Rm	8:30-9:30 AM PiYo@ LIVE Δ Carissa-Board Rm	9-9:45 AM Chair Fit • Ω Lori-Board Rm		
	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM TRX \$ Justin-G2	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM TRX \$ Justin-G2		
	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
LATE MORNING	9-9:45 AM Cycle Pat-Cycle Rm	10-10:45 AM Tai Chi • Karin-G2	9-9:45 AM Cycle Pat-Cycle Rm	10-10:45 AM Tai Chi • Karin-G2	9-9:45 AM Cycle Pat-Cycle Rm	
	 10-10:40 AM Yoga Lori-Board Rm	10-10:40 AM Yoga Lori-Board Rm	10-10:45 AM Tai Chi • Ω <i>Beginning level</i> Karin-G2	10-10:40 AM Yoga Lori-Board Rm		<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-Board Rm	10:15-11:10 AM Yoga Allie -G3 & ZOOM	10:50-11:30 AM Restorative Yoga Lori-Board Rm	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 -G3		11:20-12 PM Chair Yoga • Ω Allie -G2		11:20-12 PM Chair Yoga • Ω Allie -G3	
	12:10-12:55 PM Gentle Yoga • Ω Allie -G3		12:10-12:55 PM Gentle Yoga • Ω Allie -G2		12:10-12:55 PM Gentle Yoga • Ω Allie -G3	
AFTERNOON	4:30-5:15 PM Power Pump Sara-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3 & ZOOM	4:30-5:15 PM Power Pump Sara-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3 & ZOOM	SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR – Multipurpose room LC - Learning Center Zoom Class Key: • gentle Δ Advanced Ω New Class \$ Paid Program	
	5:30-6:15 PM Zumba® Elena-G3	5:30-6:20 PM AB LAB/Stretch Ω Josh-G3	5:30-6:15 PM Zumba® Elena-G3	5:30-6:20 PM AB LAB/Stretch Ω Josh-G3		
	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		
			6:30-7:15 PM R.I.P.P.E.D. Δ Rachel-G3			
	Zoom - Contact Josh at jklingenberg@wwymca.org to participate in our Zoom classes					
EVENING	\$ TRX is a paid program - Sign up at the Membership desk					
	11/23/21					