







GROUP EXERCISE CLASS SCHEDULE

WINTER 2022

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 Ω Nadia-Cycle Rm Begins January 8
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		
LATE MORNING		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	10:15-11:05 AM Yoga Allie -G3 & ZOOM	10:50-11:30 AM Restorative Yoga Lori-Board Rm		10:15-11:05 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
	11:20-12:05 PM Chair Yoga • Allie -G3		11:20-12:05 PM Chair Yoga • Allie -G2			11:20-12:05 PM Chair Yoga • Allie -G3
	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G2			12:10-12:55 PM Gentle Yoga • 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	
	5:30-6:15 PM Zumba® Elena-G3	5:30-6:20 PM AB LAB/Stretch Josh-G3	5:30-6:15 PM Zumba® Elena-G3	5:30-6:20 PM AB LAB/Stretch Josh-G3	Location: G3 - Gym 3 G2 - Gym 2 MPR - Multipurpose room Zoom	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		
			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						
\$ TRX is a paid program - Sign up at the Membership desk						