







GROUP EXERCISE CLASS SCHEDULE

July - August 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 Jesseyn-G3
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MG	9-9:45 AM Chair Fit • Ω Pat-TF	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MG	9-9:45 AM Chair Fit • Ω Pat-TF		
	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
	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-TF	10-10:45 AM Tai Chi • Ω Beginning level	10-10:40 AM Yoga Lori-TF		<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-TF	10:15-11:05 AM Yoga Allie-G3 & ZOOM	10:50-11:30 AM Restorative Yoga Lori-TF	10:15-11:05 AM Yoga Allie-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-G3 & ZOOM			
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	4:30-5:30 PM Power Pump Sara-G3 & ZOOM	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3 & ZOOM	4:30-5:30 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 MG - Main Gym TF - TRX Foyer (off main gym) Zoom Zoom - Contact Josh at Jklingenberg@wwymca.org to participate	
	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:20 PM AB LAB Boot Camp Savvy-G3	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:20 PM AB LAB Boot Camp Savvy-G3		
	5:30-6:15 PM TRX Boot Camp Ω Madeline-G2		5:30-6:15 PM TRX Boot Camp Ω Madeline-G2			
EVENING						
	5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn		5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn			
			6:30-7:15 PM R.I.P.P.E.D. Δ Rachel-G3 Starts again in November			