




GROUP EXERCISE CLASS SCHEDULE

September – December 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Sara-MPR	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Sara-MPR	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				8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Jessey-G3	
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3			
	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM Chair Fit • Ω Pat-MPR	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM Chair Fit • Ω Pat-MPR			
LATE MORNING	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	8:30-9:15 AM Cycle Nadia-Cycle Rm	
	9-9:45 AM Cycle Pat-Cycle Rm	10:15-10:45 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Pat-Cycle Rm	10:15-10:45 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Pat-Cycle Rm	<i>Classes are subject to change without notice. Please check YMCA website and Facebook often for updates.</i>	
	9:45-10:30 AM Pilates • Madelyn-MPR	10-10:40 AM Yoga Lori-MPR	9:45-10:30 AM Pilates • Madelyn-MPR	10-10:40 AM Yoga Lori-MPR			
		10-10:45 AM Tai Chi • Karin-G2	10-10:45 AM Tai Chi • Karin-G2	10-10:45 AM Tai Chi • Karin-G2			
	10:15-11:10 AM Yoga Allie-G3	10:50-11:30 AM Restorative yoga Lori-MPR	10:15-11:10 AM Yoga Allie-G3	10:50-11:30 AM Restorative Yoga Lori-MPR	10:15-11:10 AM Yoga Allie-G3		
			11:15-11:45 PM Chair MELT • Savvy-Board Room				
	11:15-12 PM MELT • Kristi-MPR	11:15-12 PM MELT • Karin-G2	11:15-12 PM MELT • Karin-MPR	11:15-12 PM MELT • Karin-G2	11:15-12 PM MELT • Kristi-MPR		
	11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		
	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3		
	AFTERNOON	4:30-5:30 PM Power Pump Sara-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	4:30-5:30 PM Power Pump Sara-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3		SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose Room Class Key: • gentle Δ Advanced Ω New Class
5:30-6:15 PM Zumba@ Elena-G3			5:30-6:15 PM Zumba@ Elena-G3				
5:30-6:15 PM TRX Boot Camp Ω Madeline-G2		5:30-6:15 AM Cycle Bob-Cycle Rm	5:30-6:15 PM TRX Boot Camp Ω Madeline-G2	5:30-6:15 AM Cycle Bob-Cycle Rm			
5:30-6:15 PM Yoga Lori-MPR			5:30-6:15 PM Yoga Lori-MPR				
			6:30-7:15 PM R.I.P.P.E.D. Δ Rachel-G3				
EVENING							