





# GROUP EXERCISE CLASS SCHEDULE

January – March 2023

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