



# GROUP EXERCISE CLASS SCHEDULE

April - June 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>MORNING</b>	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Ω Sara-MPR	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Ω Sara-MPR	7-7:45 AM Maintain Your Health • Justin-G3		
	8-8:45 AM TRX Justin-G2	8-8:45 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	8-8:45 AM MELT • Kristi-MPR	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	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR		
	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM Chair Fit • Kayla-MPR	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM Chair Fit • Kayla-MPR			
	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 Kirsten-Cycle Rm Ends June 24 Will resume Sept 9	
<b>LATE MORNING</b>	9-9:45 AM Cycle Pat-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Bob-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Bob-Cycle Rm	Classes are subject to change without notice. Please check YMCA website and Facebook often for updates.	
	10-10:30 AM Pilates • Ω Madelyn-MPR	10-10:40 AM Yoga Lori-MPR	10-10:30 AM Pilates • Ω Madelyn-MPR	10-10:40 AM Yoga Lori-MPR			
	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Jean-G2	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Jean-G2	10:15-11:10 AM Yoga Allie-G3		
		10:50-11:30 AM Restorative yoga Lori-MPR		10:50-11:30 AM Restorative Yoga Lori-MPR			
	11-11:45 AM MELT • Kristi-MPR		11-11:45 AM MELT • Kristi-MPR		11-11:45 AM 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		
	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	<b>SCHEDULE KEY</b>  <b>Location:</b> G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose Room  <b>Class Key:</b> • gentle Δ Advanced Ω New Class \$ Paid 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 Madeline-G2	5:30-6:15 PM Cycle George Anne-Cycle Rm Ends May 30 Will resume on Sept 5	5:30-6:15 PM TRX Boot Camp Madeline-G2	5:30-6:15 PM Cycle George Anne-Cycle Rm Ends May 30 Will resume on Sept 5			
5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn		5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn					