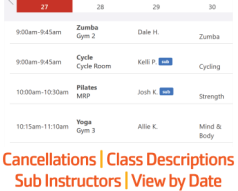





GROUP EXERCISE CLASS SCHEDULE

January - April 2024

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 • Ping-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 Jesselyn-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 • Ping-MPR	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM Chair Fit • Ping-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-G3	8:30-9:15 AM Cycle Kirsten-Cycle Rm
LATE MORNING	9-9:45 AM Cycle Kirsten-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-10 AM Cycle Bob-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-10 AM Cycle Bob-Cycle Rm	
	10-10:45 AM TRX Ω Justin-G2	10-10:40 AM Yoga Lori-MPR	10-10:45 AM TRX Ω Justin-G2	10-10:40 AM Yoga Lori-MPR	10-10:45 AM TRX Ω Justin-G2	10 AM-12 PM SPECIALTY MELT • Ω Kristi-MPR Class held on the last Saturday of each month
	10-10:30 AM Pilates • Madelyn-MPR	10-10:45 AM Tai Chi • Jean-G2	10-10:30 AM Pilates • Madelyn-MPR	10-10:45 AM Tai Chi • Jean-G2	10-10:45 AM Chair Fit • Ω Ping-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	10:50-11:30 AM Restorative Yoga Lori-MPR	10:15-11:10 AM Yoga Allie-G3	<i>Classes are subject to change without notice. Please check YMCA website often for updates.</i>
	11-12 PM MELT • Kristi-MPR	LIVE SCHEDULE REAL-TIME UPDATES!  Cancellations Class Descriptions Sub Instructors View by Date	11-12 PM MELT • Kristi-MPR	 Scan to stay informed!	11-12 PM MELT Ω 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		12:10-12:55 PM Gentle Yoga • Allie -G3	
AFTERNOON	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Functional Flow • Mari-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Functional Flow • Mari-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 Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Step Ω Laura-G3	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Step Ω Laura-G3		
	5:30-6:15 PM Yoga Lori-MPR	5:30-6:15 PM Cycle George Anne-Cycle Rm	5:30-6:15 PM Yoga Lori-MPR	5:30-6:15 PM Cycle George Anne-Cycle Rm		
EVENING			6:20-6:45 PM Self-Massage • Ω Lori-MPR			