



GROUP EXERCISE CLASS SCHEDULE

May - August 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 | 7:45-8:30 AM MELT • Kristi-MPR | 8-8:45 AM TRX Justin-G2 | 7:45-8:30 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 | 8:30-9:15 AM Cycle Pat-Cycle Rm Ended 3/30 Will resume in the fall |
| | 9-10 AM Heavy HIIT Δ Hillary-G3 | 9-9:45 AM TRX Justin-G2 | 9-10 AM Heavy HIIT Δ Hillary-G3 | 9-9:45 AM TRX Justin-G2 | | |
| | 9-9:45 AM Zumba@ Dale-G2 | 10:15-11 AM Balance and Strength Justin-G3 | 9-9:45 AM Zumba@ Dale-G2 | 10:15-11 AM Balance and Strength Justin-G3 | 9-9:45 AM Zumba@ Dale-G2 | |
| 9-9:45 AM Cycle Pat-Cycle Rm | 10-10:40 AM Yoga Lori-MPR | 9-10 AM Cycle Bob-Cycle Rm | 10-10:40 AM Yoga Lori-MPR | 9-10 AM Cycle Bob-Cycle Rm | | |
| LATE MORNING | 10-10:45 AM TRX Ω Justin-G2 | 10-10:45 AM Tai Chi • Jean-G2 | 10-10:45 AM TRX Ω Justin-G2 | 10-10:45 AM Tai Chi • Jean-G2 | 10-10:45 AM TRX Ω Justin-G2 | 10 AM-12 PM SPECIALTY MELT • Ω Kristi-MPR Held on the last Saturday of each month |
| | 10-10:30 AM Pilates • Madelyn-MPR | 10:50-11:30 AM Restorative Yoga Lori-MPR | 10-10:30 AM Pilates • Madelyn-MPR | 10:50-11:30 AM Restorative Yoga Lori-MPR | | |
| | 10:15-11:10 AM Yoga Allie-G3 | 11:15-12:00 PM Chair Fit • Ping-Gym 3 | 10:15-11:10 AM Yoga Allie-G3 | 11:15-12:00 PM Chair Fit • Ping-Gym 3 | 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 | | 11-12 PM MELT • Kristi-MPR | | 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 | | | |
| 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 | <h2>SCHEDULE KEY</h2> <p>Location: G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose room</p> <p>Class Key: • gentle Δ Advanced Ω New Class</p> | |
| | 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 Outdoor Yoga Lori-Lawn Moved to MPR in bad weather | 5:30-6:15 PM Cycle George Anne-Cycle Rm | 5:30-6:15 PM Outdoor Yoga Lori-Lawn Moved to MPR in bad weather | 5:30-6:15 PM Cycle George Anne-Cycle Rm | | |
| | | | 6:20-6:45 PM Self-Massage • Ω Lori-MPR | | | |
| EVENING | | | | | | |