



GROUP EXERCISE CLASS SCHEDULE

April - August 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Sunrise Yoga Sara-AZ	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Sunrise Yoga Sara-AZ	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Ping-G3	
	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-AZ	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-AZ	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	9-9:45 AM Chair MELT • Ω Kristi-Board Room			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-AZ	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo® LIVE Δ Carissa-AZ	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo® LIVE Δ Carissa-AZ	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-AZ	9-10 AM Cycle Bob-Cycle Rm	10-10:40 AM Yoga Lori-AZ	9-10 AM Cycle Bob-Cycle Rm		
LATE MORNING	10 -10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Jean-G2	10 -10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Jean-G2	10 -10:45 AM TRX 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-AZ	10:50-11:30 AM Restorative Yoga • Lori-AZ	10 -10:30 AM Pilates • Madelyn-AZ	10:50-11:30 AM Restorative Yoga • Lori-AZ		
	10:15-11:10 AM Yoga Allie-G3	11:15-12 PM Chair Fit • Ping-Gym 3	10:15-11:10 AM Yoga Allie-G3	11:15-12 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-AZ	SOME CLASSES MOVE FROM JUNE 17 TO AUGUST 23	11-12 PM MELT • Kristi-AZ	GX classes typically held in the MPR will move to the Action Zone or elsewhere this summer. Check for signage directing you to new class locations starting mid-June.	11-12 PM MELT • Kristi-AZ	
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	SCHEDULE KEY Location: Class Key: G3 - Gym 3 • gentle G2 - Gym 2 Δ Advanced AZ - Action Ω New Class Zone	
	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 Laura-G3	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Step 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 Ended 5/30 Will resume in the fall	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 Ended 5/30 Will Resume in the Fall		
			6:20-6:45 PM Self-Massage • Lori-MPR- Ended 5/29 Will resume in the fall			
EVENING						
						6/18/24