




# GROUP EXERCISE CLASS SCHEDULE

May 2025

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 Yoga Sara-MPR	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Yoga Sara-MPR	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-MPR <b>Ends May 29</b> <b>Begins again on Sept 2</b>	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-MPR <b>Ends May 29</b> <b>Begins again on Sept 2</b>	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	9-10 AM Power Pump Kelli-G3		9-10 AM Power Pump Kelli-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	9-9:45 AM TRX Justin-G2	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-9:45 AM TRX Justin-G2	8:30-9:30 AM Inside Flow Ω Δ Carissa-MPR	<b>ONLINE SCHEDULE</b> with up-to-date cancellations and more!  Scan to stay informed!
	9-10 AM Heavy HIIT Δ Hillary-G3		9-10 AM Heavy HIIT Δ Hillary-G3			
	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	
LATE MORNING	9-9:45 AM Cycle Kirsten-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	<b>10 AM-12 PM</b> <b>SPECIALTY</b> <b>MELT •</b> Kristi-MPR Held on the last Saturday of each
	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Lynn-G2	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Lynn-G2	10-10:45 AM TRX Justin-G2	
	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	
	11-12 PM MELT • Kristi-MPR	11-11:45 AM Family Fit • Ω Christian-Gym 2	11-12 PM MELT • Kristi-MPR	11-11:45 AM Family Fit • Ω Christian-Gym 2	11-12 PM MELT • Kristi-MPR	
	11:20-12 PM Chair Yoga •		11:20-12 PM Chair Yoga •		11:20-12 PM Chair Yoga •	<b>Classes are</b> <b>subject to</b> <b>change</b> <b>without</b> <b>notice. Please</b> <b>check YMCA</b> <b>website often</b> <b>for updates.</b>
	12:10-12:55 PM Gentle Yoga • Allie-G3	12-12:45 PM TRX Ω Justin-G2	12:10-12:55 PM Gentle Yoga • Allie-G3	12-12:45 PM TRX Ω Justin-G2	12:10-12:55 PM Gentle Yoga • Allie-G3	
AFTERNOON		1-1:45 PM Ω Balance and Strength Justin-G3		1-1:45 PM Ω Balance and Strength Justin-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
	4:30-5:30 PM Power Pump Rebekah-G3		4:30-5:30 PM Power Pump Rebekah-G3			
	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 Josh-G2	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Full Body HIIT Δ Josh-G2	5:30-6:15 PM Step Laura-G3		
EVENING	5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn		5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn			

Evening cycle will return in the Fall! Enjoy the outdoors!