

GROUP EXERCISE SCHEDULE for April 16 - June 3

Parkview Huntington Family YMCA



| MONDAY | | | |
|--------------|--------------------------|------------|------|
| Time | Class | Instructor | Room |
| 7:30-8:30 AM | Stretch/Flexibility Dawn | Dawn | S-1 |
| 4:30-5:15 PM | Y-Cycle | Annette | CYR |
| 4:15-4:45 PM | Cardio Blast | Satin | Gym |
| 4:50-5:10 PM | 20 Min Abs | Nicole | S-2 |
| 5:15-6:15 PM | Beginner Yoga | Kathryn | S-2 |
| 6:20-7:05 PM | Stability Ball | Patty | S-2 |
| 7-7:45 PM | Y-Cycle | Melissa | CYR |
| 7:15-8 PM | PIYO | Jody | S-2 |

| TUESDAY | | | |
|--------------|-------------------|------------|------|
| Time | Class | Instructor | Room |
| 5:15-6 AM | Y-Cycle | Susan | CYS |
| 9:00-9:30 AM | Cardio Blast | Peyton | Gym |
| 10-11 AM | Yoga (all levels) | Myra | S-1 |
| 11:30 AM-12 | Aging Backwards | Dawn | S-2 |
| 5:30-6:15 PM | Body Bar Interval | Brittany | S-2 |
| 6:30-7:30 PM | YOGA | Brittany | S-2 |
| 6-6:45 PM | Y-Cycle | Annette | CYS |
| 7-7:45 PM | Y-Cycle | Susan | CYS |

| WEDNESDAY | | | |
|--------------|--------------------------|------------|------|
| Time | Class | Instructor | Room |
| 7:30-8:30 AM | Stretch/Flexibility Dawn | Dawn | S-1 |
| 10:15-11 AM | Pilates | Belinda | S-1 |
| 4:30-5:15PM | Y-Cycle | Annette | CYS |
| 4:15-4:45 PM | Cardio Blast | Satin | Gym |
| 4:50-5:10 PM | 20 Min Abs | Nicole | S-2 |
| 5:15-6:15 | Advanced Yoga | Belinda | S-2 |
| 6:20-7:05 PM | Stability Ball | Patty | S-2 |
| 7-7:45 PM | Y-Cycle | Melissa | CYS |
| 7:15-8 PM | Zumba | Bristol | S-2 |

| THURSDAY | | | |
|--------------|-----------------|------------|------|
| Time | Class | Instructor | Room |
| 5:15-6 AM | Y-Cycle | Susan | CYS |
| 9:00-9:30 AM | Cardio Blast | Myra | Gym |
| 11:30 AM-12 | Aging Backwards | Dawn | S-2 |
| 6-6:45 PM | Y-Cycle | Annette | CYS |
| 7-7:45 PM | Y-Cycle | Susan | CYS |
| 7-7:45 PM | Aqua Cardio | Annette | Pool |

| FRIDAY | | | |
|--------------|---------------------------|------------|------|
| Time | Class | Instructor | Room |
| 7:30-8:30 AM | Stretch/ Flexibility Dawn | Dawn | S-2 |
| 9:00-10:00AM | Yoga (all levels) | Myra | S-1 |
| 4:15-5:00 PM | Dance-Cardio | Jen | S-2 |
| 5:15-6:15 PM | Beginner Yoga | Kathryn | S-2 |

| SATURDAY | | | |
|--------------|---------------|------------|------|
| Time | Class | Instructor | Room |
| 8:00-9:00AM | ABS | Annette | S-2 |
| 8:30-9:15 AM | Y-Cycle | Susan | CYS |
| 9:30-10:30AM | Y-Cycle | Annette | CYS |
| 9:15-10:15AM | Advanced Yoga | Belinda | S-2 |

Registration & Location Info:

BLUE Classes-Registration Required

.....(\$15 holds your spot for 7-weeks)

Yellow Classes - included in your membership!

....(no registration, just show up!)

| | |
|-------------------------------|-----|
| Studio 1 (downstairs) | S-1 |
| Studio 2 (upstairs) | S-2 |
| Studio 3 (raquetball hallway) | S-3 |
| Cycling Studio | CYS |
| Gymnasium | GYM |

