

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		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		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		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

