

# GROUP EXERCISE SCHEDULE for May 29 - July 16

Parkview Huntington Family YMCA



## MONDAY

Time	Class	Instructor	Room
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### AM Classes

5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
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<b>7:30-8:30</b>	<b>Stretch-Flexibility</b>	<b>Dawn</b>	<b>S-1</b>
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8-8:30	Senior Y-Fit	Heaston	S-1
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8:30-9:30	Y-Fit	Heaston	WC
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9:30-10:15	Y-Cycle	Annete	CYR
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10:15-11	Pilates	Belinda	S-1
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### PM Classes

12-1	Max Effort	Tyler	WC
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4-4:50	Y-Fit	Kaylin	WC
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<b>4:15-4:45</b>	<b>Cardio Blast</b>	<b>Satin</b>	<b>Gym</b>
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<b>4:45-5:05</b>	<b>20 Min Abs</b>	<b>Nicole</b>	<b>S-1</b>
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5:15-6:15	Beginner Yoga	Kathryn	S-1
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6-7	Y-Fit	Kaylin	WC
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<b>6:15-7</b>	<b>Stability Ball</b>	<b>Patty</b>	<b>S-1</b>
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7-7:45	Y-Cycle	Melissa	CYR
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<b>7:15-8</b>	<b>PIYO</b>	<b>Jody</b>	<b>S-1</b>
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## TUESDAY

Time	Class	Instructor	Room
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### AM Classes

5:15-6	Y-Cycle	Susan	CYR
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<b>5:15-5:50</b>	<b>PIYO</b>	<b>Kandi</b>	<b>S-1</b>
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6-6:30	Body Sculpting	Mariah	WC
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<b>9-9:30</b>	<b>Cardio Blast</b>	<b>Peyton</b>	<b>Gym</b>
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### PM Classes

<b>4:15-4:45</b>	<b>Move</b>	<b>Jody</b>	<b>S-1</b>
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<b>4:50-5:30</b>	<b>Core &amp; Balance</b>	<b>Jody</b>	<b>S-1</b>
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6-6:45	Y-Cycle	Annette	CYR
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7-7:45	Y-Cycle	Susan	CYR
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## FRIDAY

Time	Class	Instructor	Room
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### AM Classes

5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
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<b>7:30-8:30</b>	<b>Stretch &amp; Flexibili</b>	<b>Dawn</b>	<b>S-1</b>
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8-8:30	Senior Y-Fit	Heaston	WC
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8:30-9:30	Y-Fit	Heaston	WC
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### PM Classes

12-1	Max Effort	Tyler	WC
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4-4:50	Y-Fit	Kaylin	WC
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<b>4:15-5:00</b>	<b>Strike</b>	<b>Jen</b>	<b>S-1</b>
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6:00-7	Y-Fit	Kaylin	WC
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## WEDNESDAY

Time	Class	Instructor	Room
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### AM Classes

5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
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<b>7:30-8:30</b>	<b>Stretch-Flexibility</b>	<b>Dawn</b>	<b>S-1</b>
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8-8:30	Senior Y-Fit	Heaston	WC
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8:30-9:30	Y-Fit	Heaston	WC
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9:30-10:15	Y-Cycle	Annette	CYR
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10:15-11	Pilates	Belinda	S-1
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### PM Classes

12-1	Max Effort	Tyler	WC
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4-4:50	Y-Fit	Kaylin	WC
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<b>4:15-4:45</b>	<b>Cardio Blast</b>	<b>Satin</b>	<b>Gym</b>
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<b>4:45-5:05</b>	<b>20 Min Abs</b>	<b>Nicole</b>	<b>S-1</b>
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5:15-6:15	Advanced Yoga	Belinda	S-1
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6-7	Y-Fit	Kaylin	WC
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<b>6:20-7</b>	<b>Cardio Resistance</b>	<b>Brittany</b>	<b>S-1</b>
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7-7:45	Y-Cycle	Melissa	CYR
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<b>7:15-8</b>	<b>Zumba</b>	<b>Bristol</b>	<b>S-1</b>
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## THURSDAY

Time	Class	Instructor	Room
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### AM Classes

5:15-6	Y-Cycle	Kandi	CYR
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6-6:30	Body Sculpting	Mariah	WC
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<b>9-9:30</b>	<b>Cardio Blast</b>	<b>Peyton</b>	<b>Gym</b>
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### PM Classes

6-6:45	Y-Cycle	Annette	CYR
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<b>7:10-8</b>	<b>20/20/10</b>	<b>Jody</b>	<b>S-1</b>
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7-7:45	Y-Cycle	Susan	CYR
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## SATURDAY

Time	Class	Instructor	Room
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### AM Classes

<b>9:30-10:30</b>	<b>Cycling</b>	<b>Annette</b>	<b>CYR</b>
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**\*\*S-1= Studio 1\*\*CYR= Cycle Room \*\***

**\*\*WC= Wellness Center\*\***

**All fees are per 7 week session\***

**Y-Fit,Body Sculpting-\$60**

**Y-Cycle,Pilates,\$15 (Yoga, \$5 Summer Only)**

**\*\*Bold classes are free to members**

**\*\*Bold Classes do not require sign up\*\***

**\*\*Space limited first come first served**