

GROUP EXERCISE SCHEDULE for May 29 - July 16

Parkview Huntington Family YMCA



MONDAY

Time	Class	Instructor	Room
AM Classes			
5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
7:30-8:30	Stretch & Flexibility	Dawn	S-1
8-8:30	Senior Y-Fit	Heaston	S-1
8:30-9:30	Y-Fit	Heaston	WC
9:30-10:15	Y-Cycle	Annete	CYR
10:15-11	Pilates	Belinda	S-1
PM Classes			
12-1	Max Effort	Tyler	WC
4-4:50	Y-Fit	Kaylin	WC
4:15-4:45	Cardio Blast	Satin	Gym
4:45-5:05	20 Min Abs	Nicole	S-1
5:15-6:15	Beginner Yoga	Kathryn	S-1
6-7	Y-Fit	Kaylin	WC
6:15-7	Stability Ball	Patty	S-1
7-7:45	Y-Cycle	Melissa	CYR
7:15-8	PIYO	Jody	S-1

TUESDAY

Time	Class	Instructor	Room
AM Classes			
5:15-6	Y-Cycle	Susan	CYR
5:15-5:50	PIYO	Kandi	S-1
6-6:30	Body Sculpting	Mariah	WC
9-9:30	Cardio Blast	Peyton	Gym
PM Classes			
4:15-4:45	Move	Jody	S-1
4:50-5:30	Core & Balance	Jody	S-1
6-6:45	Y-Cycle	Annette	CYR
7-7:45	Y-Cycle	Susan	CYR

FRIDAY

Time	Class	Instructor	Room
AM Classes			
5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
7:30-8:30	Stretch & Flexibility	Dawn	S-1
8-8:30	Senior Y-Fit	Heaston	WC
8:30-9:30	Y-Fit	Heaston	WC
PM Classes			
12-1	Max Effort	Tyler	WC
4-4:50	Y-Fit	Kaylin	WC
4:15-5:00	Strike	Jen	S-1

WEDNESDAY

Time	Class	Instructor	Room
AM Classes			
5-6/5:30-6:30	Y-Fit (Two Classes)	Peyton	WC
7:30-8:30	Stretch & Flexibility	Dawn	S-1
8-8:30	Senior Y-Fit	Heaston	WC
8:30-9:30	Y-Fit	Heaston	WC
9:30-10:15	Y-Cycle	Annette	CYR
10:15-11	Pilates	Belinda	S-1
PM Classes			
12-1	Max Effort	Tyler	WC
4-4:50	Y-Fit	Kaylin	WC
4:15-4:45	Cardio Blast	Satin	Gym
4:45-5:05	20 Min Abs	Nicole	S-1
5:15-6:15	Advanced Yoga	Belinda	S-1
6-7	Y-Fit	Kaylin	WC
7-7:45	Y-Cycle	Melissa	CYR
7:15-8	Zumba	Bristol	S-1

THURSDAY

Time	Class	Instructor	Room
AM Classes			
5:15-6	Y-Cycle	Kandi	CYR
6-6:30	Body Sculpting	Mariah	WC
9-9:30	Cardio Blast	Peyton	Gym
PM Classes			
6-6:45	Y-Cycle	Annette	CYR
7:10-8	20/20/10	Jody	S-1
7-7:45	Y-Cycle	Susan	CYR

SATURDAY

Time	Class	Instructor	Room
AM Classes			
9:30-10:30	Cycling	Annette	CYR

****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****

6:00-7

Y-Fit

Kaylin

WC

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