



# Parkview Huntington Family YMCA

## Group Exercise Schedule Live Classes

Ages 14+

Aug. 1–Sept. 3, 2022

**New Yoga Class**  
offered Monday nights!

Please reserve a spot before attending class (now up to 7 days in advance). Click on the day of the week of your class.

### AUGUST

✓ Premium Classes—Please register \$10/mo. Attend all classes. Unlimited.  
All other classes (without a check mark) on this schedule are Free for YMCA members.

### \*Gym Closed\*

August 8–21

Y-Cardio, Cardio Blast & 20 Min. Abs will be held in Studio 2 during those two weeks.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00–5:45am Body Pump Amanda—(1) ✓		5:00–5:45am Body Pump Amanda—(1) ✓		
5:30–6:00am Y-Cardio Deja—(G)	5:15–6:00am Y-Cycle Susan—(2)	5:30–6:00am Y-Cardio Deja—(G)	5:15–6:00am Y-Cycle Susan—(2)	5:30–6:00am Y-Cardio Deja—(G)	
7:30–8:30am Essentrics Dawn—(1)	8:15–8:45am Y-Cycle Janel—(2)	7:30–8:30am Essentrics Dawn—(1)	8:15–8:45am Y-Cycle Janel—(2)	7:30–8:30am Essentrics Dawn—(1)	8:00–8:45am Y-Cycle Sommer—(2)
9:00–10:00am Body Combat Marisa—(1) ✓				9:00–10:00am Body Combat Marisa—(1) ✓	
9:00–10:00am Silver Sneakers Cl Vanessa—(2)		9:00–10:00am Silver Sneakers Cl Vanessa—(2)		9:00–10:00am Silver Sneakers Cl Vanessa—(2)	
10:30–11:15am Silver Sneakers Cl Jody—(2)	10:30–11:15am S.S. Chair Yoga Jody—(2)	10:30–11:15am Silver Sneakers Cl Jody—(2)	10:30–11:15am S.S. Chair Yoga Jody—(2)	10:30–11:15am Silver Sneakers Cl Jody—(2)	
4:30–5:00pm Cardio Blast Janel—(G)	4:45–5:15pm LIIT Jody—(2)	4:30–5:00pm Cardio Blast Janel—(G)	4:45–5:15pm LIIT Jody—(2)		
5:00–5:20pm 20min. Abs Janel—(G)		5:00–5:20pm 20min. Abs Janel—(G)			
5:30–6:15pm Body Pump Candy/Sydney(2) ✓	5:20–6:20pm Barre Candy/Sydney—(2)	5:30–6:15pm Body Pump Jody—(2) ✓	5:30–6:30pm Body Combat Candy—(2) ✓	5:30–6:30pm Body Pump Jody—(2) ✓	
6:30–7:15pm Y-Cycle Susan—(2)	6:30–7:15pm Aqua Cardio Cori—(P)	6:30–7:15pm Cardio Drumming Cori—(2)	6:30–7:15pm Aqua Cardio Cori—(P)		
7:20–8:00pm Yoga Cori—(2)		7:15–8:00pm Y-Cycle Susan—(2)			

### Class Location

- (1)=Studio 1 (downstairs)
- (2)=Studio 2 (upstairs)
- (G)=Gymnasium
- (P)=Pool

### Color Code

- Aquatic
- Active Older Adult
- Cardio
- Strength
- Cycle
- Mind & Body

**Play & Learn-Free childcare**  
for YMCA members, so you can workout!  
Children ages 6 wks.—7 yrs.

Play & Learn  
**Morning hours**  
Monday–Friday  
8:45am–Noon

Play & Learn  
**Evening hours**  
Monday–Thursday  
4:30–8:00pm

Play & Learn  
**Weekend hours**  
Saturday  
9:00–11:00am