



**Group Exercise Schedule
Live Classes**

Ages 14+

✓ 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.

In order to adhere to physical distancing guidelines, there is limited space for live classes.

Click on your class below to reserve your spot

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|
| 5:15–6:00am RPM Annette—(2) ✓ | 5:15–6:00am Y-Cycle Susan—(2) | 5:15–6:00am RPM Annette—(2) ✓ | 5:15–6:00am Y-Cycle Susan—(2) | | |
| 7:30–8:30am Essentrics Dawn—(1) | 5:15–6:15am Body Pump Candy—(1) ✓ | 7:00–8:00am Holy Yoga Andi—(2) | 5:15–6:15am Body Pump Candy—(1) ✓ | 7:30–8:30am Essentrics Dawn—(1) | 8:00–9:00am Pump/Combat Comb Candy—(2) ✓ |
| 9:00–10:00am Body Combat Candy—(1) ✓ | 9:00–9:30am GRIT Marisa—(1) ✓ | | 9:00–9:30am GRIT Marisa—(1) ✓ | 9:00–9:45am Body Combat Candy—(1) ✓ | |
| | | | | 10:00–10:45am Body Pump Candy—(1) ✓ | |
| 9:00–9:45am Silver Sneakers Cl Vanessa—(2) | 9:00–9:45am S.S. Chair Yoga Vanessa—(2) | 9:00–9:45am Silver Sneakers Cl Vanessa—(2) | 9:00–9:45am S.S. Chair Yoga Vanessa—(2) | 9:00–9:45am Silver Sneakers Cl Vanessa—(2) | Class Location |
| 10:30–11:15am Silver Sneakers Cl Jessica—(2) | 10:30–11:15am Silver Sneakers Cl Vanessa—(2) | 10:30–11:15am Silver Sneakers Cl Jessica—(2) | 10:30–11:15am Silver Sneakers Cl Vanessa—(2) | 10:30–11:15am Silver Sneakers Cl Jessica—(2) | (1)=Studio 1 (downstairs) (2)=Studio 2 (upstairs) (3)= Studio 3 (racquetball hall) (G)=Gymnasium (O)=Outside** |
| 4:30–5:00pm Cardio Blast Janel—(0)** | 4:45–5:15pm GRIT Deja—(2) ✓ | 4:30–5:00pm Cardio Blast Janel—(G) | 4:45–5:15pm GRIT Deja—(2) ✓ | | **Weather permitting. Class will be held inside, if necessary. |
| 5:00–5:30pm CX Worx Candy—(2) ✓ | 5:30–6:15pm Trail Fit Janel—(LC) | 5:00–5:30pm CX Worx Jenn—(2) ✓ | 5:30–6:15pm Trail Fit Janel—(LC) | | (LC)= At Lake Clare Meet at the Park. |
| 5:30–6:15pm Body Pump Candy—(2) ✓ | 6:00–6:45pm RPM Annette—(2) ✓ | 5:45–6:45pm Beginner Yoga Kathryn—(2) | 5:30–6:30pm Body Combat Candy—(2) ✓ | 5:30–6:30pm All Levels Yoga Bri—(0)** | |
| 6:30–7:15pm Stability Ball Patty—(2) | | 6:30–7:30pm Essentrics Dawn—(1) | | | |
| | 7:30–8:00pm Dance Cardio Jenn—(2) | 7:15–8:00pm Y-Cycle Susan—(2) | | | |
| | 8:00–8:30pm CX Worx Jenn—(2) ✓ | | | | |

Keeping our facility safe and clean

Positions will be marked on floors to help you maintain a **safe distance** from other participants during class.

We ask that you **clean all equipment** before and after use.

Please **wear a face covering** before and after class, when walking through the building.

Bring your own mat, if needed in class.

Color Code

Active Older Adult

Cardio

Strength

Cycle

Yoga & Stretch