



**Group Exercise Schedule  
Live Classes**

Ages 14+

January 2-31, 2021

✓ 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.

**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)	5:15-6:00am RPM Annette—(2) ✓	
	5:15-6:15am Body Pump Candy—(1) ✓		5:15-6:15am Body Pump Candy—(1) ✓		
7:30-8:30am Essentrics Dawn—(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) ✓	8:00-8:45am SUP H.I.I.T. Sophie—(P)
	9:30-10:15am Power Yoga Jody—(3)		9:30-10:15am Power Yoga Jody—(3)	10:00-10:45am Body Pump Candy—(1) ✓	9:15-10:00am RPM Annette—(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)	9:00-9:45am S.S. Chair Yoga Vanessa—(2)	9:00-9:45am 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)	10:30-11:15am Silver Sneakers Cl Vanessa—(2)	10:30-11:15am Silver Sneakers Cl Jessica—(2)	
					<b>Class Location</b>
4:30-5:00pm Cardio Blast Janel—(G)	4:45-5:15pm GRIT Deja—(2) ✓	4:30-5:00pm Cardio Blast Janel—(G)	4:45-5:15pm GRIT Deja—(2) ✓		(1)=Studio 1 (downstairs)
5:00-5:30pm CX Worx Candy—(2) ✓		5:00-5:30pm CX Worx Jenn—(2) ✓			(2)=Studio 2 (upstairs)
5:30-6:15pm Body Pump Candy—(2) ✓	5:30-6:30pm Beginner Yoga Kathryn—(2)	5:30-6:15pm Body Pump Sydney—(2) ✓	5:30-6:30pm Body Combat Candy—(2) ✓		(3)= Studio 3 (racquetball hall)
6:30-7:15pm Stability Ball Patty—(2)		6:30-7:15pm Stability Ball Cori—(2)	6:30-7:15pm Aqua Cardio Cori—(P)		(G)=Gymnasium
7:15-8:00pm Y-Cycle Susan—(2)		7:15-8:00pm Y-Cycle Susan—(2)			(P)=Pool
					<b>Color Code</b>
					Active Older Adult
					Cardio
					Strength
					Cycle
					Yoga & Stretch

**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.