



Parkview Huntington Family YMCA

Group Exercise Schedule

Live Classes

Ages 14+

Special Events!

Attention New Participants: Now's a great time to try our classes!

Launch Party: Jan. 10 (5-7pm) 3 half-hour Premium classes in the gym! FREE for Members and Non-Members.

Showcase of classes: Jan. 24-29th All classes on this schedule will feature new choreography and will be FREE for Members and Non-Members

You're invited to **"Meet & Greet,"** with our instructors, at the start of each regularly scheduled class held on: Mon. 1/24, Tues. 1/25, and Sat. 1/29.

JANUARY

Jan. 3-29, 2022

✓ 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.

You must reserve a spot before attending class (up to 6 days in advance). No reservations needed for Silver Sneakers. Click on the day of the week of your class to sign up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00am Y-Cycle Sommer—(2)	5:15-6:00am Y-Cycle Susan—(2)	5:15-6:00am Y-Cycle Sommer—(2)	5:15-6:00am Y-Cycle Susan—(2)		
5:30-6:00am Y-Cardio Deja—(G)		5:30-6:00am Y-Cardio Deja—(G)		5:30-6:00am Y-Cardio Deja—(G)	
7:30-8:30am Essentrics Dawn—(1)	8:15-8:45am Y-Cycle Janel—(2)	6:00-7:00am Barre Candy—(1)	8:15-8:45am Y-Cycle Janel—(2)	7:30-8:30am Essentrics Dawn—(1)	8:00-8:45am Y-Cycle Susan—(2)
9:00-10:00am Body Combat Candy—(1) ✓	9:00-9:45am LIIT Marisa—(1)	7:30-8:30am Essentrics Dawn—(1)	9:00-9:45am LIIT Marisa—(1)	9:00-10:00am Body Combat Marisa—(1) ✓	8:00-9:00am Combo Candy—(1) ✓
9:00-9:45am Silver Sneakers Cl Vanessa—(2)		9:00-10:00am Body Pump Jody—(1) ✓		9:00-9:45am Silver Sneakers Cl Vanessa—(2)	9:15-10:15am Barre Candy—(1)
10:30-11:15am Silver Sneakers Cl Jess—(2)	10:30-11:15am S.S. Chair Yoga Jody—(2)	9:00-9:45am Silver Sneakers Cl Vanessa—(2)	10:30-11:15am S.S. Chair Yoga Jody—(2)	10:30-11:15am Silver Sneakers Cl Jess—(2)	
4:30-5:00pm Cardio Blast Janel—(G)	4:45-5:15pm LIIT Deja—(2)	10:30-11:15am Silver Sneakers Cl Jess—(2)	4:45-5:15pm LIIT Deja—(2)		
5:00-5:30pm Core Candy—(2) ✓		4:30-5:00pm Cardio Blast Janel—(G)			
5:30-6:15pm Body Pump Sydney—(2) ✓	5:20-6:20pm Barre Sydney—(2)	5:00-5:30pm Core Candy—(2) ✓	5:30-6:30pm Body Combat Candy—(2) ✓	5:30-6:30pm Body Pump Jody—(2) ✓	
6:30-7:15pm Stability Ball Patty—(2)	6:30-7:15pm Aqua Cardio Cori—(P)	5:30-6:15pm Body Pump Candy—(2) ✓	6:30-7:15pm Aqua Cardio Cori—(P)		
7:15-8:00pm Y-Cycle Susan—(2)	Aqua Cardio will not be held Jan. 4, 6, & 27 due to swim meets.	6:30-7:15pm Cardio Drumming 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



We have brand new Keiser spin bikes!!!

Join us in Y-Cycle to try them out!

Play & Learn-Free childcare for YMCA members, so you can workout!

Children ages 6 wks.—6 yrs.
Space limited. - Sign up online:
www.huntingtony.org/schedules

Play & Learn
Morning hours
Monday—Friday
9:00am-Noon

Play & Learn
Evening hours
Monday—Thursday
4:30-7:00pm

Play & Learn
Weekend hours
Saturday
8:00-10:30am