



Group Exercise Schedule

Live Classes

Ages 14+

May 3-30, 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
	5:00-5:45am Body Pump Sydney—(1) ✓		5:00-5:45am Body Pump Sydney—(1) ✓		
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) ✓	
				6:45-7:45am Beginner Yoga Kathryn—(2)	
7:30-8:30am Essentrics Dawn—(1)		7:30-8:30am Essentrics Dawn—(1)		7:30-8:30am Essentrics Dawn—(1)	8:00-8:45am RPM Annette—(2) ✓
9:00-10:00am Body Combat Marisa—(1) ✓	9:00-9:30am GRIT Marisa—(1) ✓		9:00-9:30am GRIT Marisa—(1) ✓	9:00-10:00am Body Combat Marisa—(1) ✓	8:00-8:45am H.I.I.T. Sydney—(0)
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 Jess—(2)	10:30-11:15am Silver Sneakers Cl Vanessa—(2)	10:30-11:15am Silver Sneakers Cl Jess—(2)	10:30-11:15am Silver Sneakers Cl Vanessa—(2)	10:30-11:15am Silver Sneakers Cl Jess—(2)	
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—(1) ✓		
5:00-5:30pm Core (CX) Jody—(2) ✓		5:00-5:30pm Core (CX) Jenn—(2) ✓			
5:30-6:15pm Body Pump Sydney—(2) ✓	5:30-6:30pm Beginner Yoga Kathryn—(2)	5:30-6:15pm Body Pump Sydney—(2) ✓	5:30-6:30pm Body Combat Marisa—(1) ✓	5:30-6:30pm Body Pump Jody—(2) ✓	
6:30-7:15pm Stability Ball Patty—(2)	6:30-7:15pm Aqua Cardio Cori—(P)	6:30-7:15pm Stability Ball Cori—(2)	6:30-7:15pm Aqua Cardio Cori—(P)		
7:15-8:00pm Y-Cycle Susan—(2)		7:15-8:00pm Y-Cycle Susan—(2)	6:45-7:30pm RPM Annette—(2) ✓		

Color Code

Aquatic
Active Older Adult
Cardio
Strength
Cycle
Yoga & Stretch

Class Location

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

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. **Bring your own mat** for class.

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