



Parkview Huntington Family YMCA

Front Desk (260)359-9622

NOVEMBER

Group Exercise Schedule

Live Classes

Ages 14+

Nov. 1-Dec. 4, 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.

ADDED/CHANGED CLASSES:

Barre—Wed. @ 6am **Cardio Drumming—Wed. @ 6:30pm**
RPM—Sat. @ 8am **LIIT 45—Tues & Thurs @ 9am**

You must reserve a spot for yourself before attending class, (except 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 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) ✓	
		6:00-7:00am Barre Candy—(1)			8:00-8:45am RPM Annette—(2) ✓
7:30-8:30am Essentrics Dawn—(1)		7:30-8:30am Essentrics Dawn—(1)		7:30-8:30am Essentrics Dawn—(1)	8:00-9:00am Combo Candy—(1) ✓
9:00-10:00am Body Combat Candy—(1) ✓	9:00-9:45am LIIT 45 Marisa—(1)	9:00-10:00am Body Pump Jody—(1) ✓	9:00-9:45am LIIT 45 Marisa—(1)	9:00-10:00am Body Combat Marisa—(1) ✓	9:15-10:15am Barre Candy—(2)
9:00-9:45am Silver Sneakers CI Vanessa—(2)		9:00-9:45am Silver Sneakers CI Vanessa—(2)		9:00-9:45am Silver Sneakers CI Vanessa—(2)	
10:30-11:15am Silver Sneakers CI Jess—(2)	10:30-11:15am S.S. Chair Yoga Jody—(2)	10:30-11:15am Silver Sneakers CI Jess—(2)	10:30-11:15am S.S. Chair Yoga Jody—(2)	10:30-11:15am Silver Sneakers CI 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—(2) ✓		
5:00-5:30pm Core Candy—(2) ✓		5:00-5:30pm Core Candy—(2) ✓			
5:30-6:15pm Body Pump Sydney—(2) ✓	5:30-6:30pm Barre Sydney—(2)	5:30-6:15pm Body Pump 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)	6:30-7:15pm Cardio Drumming Cori—(2)	6:30-7:15pm Aqua Cardio Cori—(P)		
7:15-8:00pm Y-Cycle Susan—(2)	Aqua Cardio will not be held Nov. 16 or 23, due to swim meets.	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 or RPM 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
8:00-10:30pm