



# Parkview Huntington Family YMCA

Front Desk (260)359-9622

## OCTOBER

### Group Exercise Schedule

# Live Classes

Ages 14+

Oct. 4-30, 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.

**NOTICE:** Classes marked \* will NOT be held during Fall Break, Oct. 9-16. Check online sign-ups before attending that week.

**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) ✓	
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) ✓	9:00-9:30am * GRIT Marisa—(1) ✓	9:00-10:00am * Body Pump Jody—(1) ✓	9:00-9:30am * GRIT 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/Hannah—(P)	6:30-7:15pm * Stability Ball Cori/Patty—(2)	6:30-7:15pm * Aqua Cardio Cori/Hannah—(P)		
7:15-8:00pm Y-Cycle Susan—(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

**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](http://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