



All classes
Ages 14+

Parkview Huntington Family YMCA

Group Exercise Schedule

Dec. 2-28, 2024

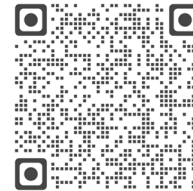
DECEMBER

Please reserve a spot for yourself
before attending class,

Up to 7 days before the day of class.
Reserve your spot in any class you'd like to attend.
*Silver Sneakers classes do not require reservations.



**ALL Classes
on this schedule are
FREE for Members!**



Visit our website
www.huntingtony.org
or scan the QR
code to access
class sign-ups.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-5:45am RIP Sommer—(2)		5:00-5:45am RIP Sommer—(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)	7:30-8:15am Essentrics® Dawn—(1)	8:15-8:45am Y-Cycle Janel—(2)	7:30-8:30am Essentrics® Dawn—(1)	
9:00-9:45am AB Line Dance Marianne—(2)	9:15-10:00am Aqua Zumba® Alicia—(P)	8:30-9:00am Essentrics® Dawn—(2)	9:00-9:30am Pilates Kathryn—(2)		10:00-11:00am Yoga Jody—(2)
9:00-10:00am SilverSneakers® CI Vanessa—(1)		9:00-10:00am SilverSneakers® CI Vanessa—(1)	9:30-10:00am Yoga Kathryn—(2)	9:00-10:00am SilverSneakers® CI Vanessa—(1)	
10:30-11:15am SilverSneakers® CI Marianne—(1)	10:30-11:15am Chair Yoga Vanessa—(1)	10:30-11:15am SilverSneakers® CI Jody—(1)	10:30-11:15am Chair Yoga Jody—(1)	10:30-11:15am SilverSneakers® CI Jody—(1)	
4:30-5:00pm Cardio Blast Janel—(G)		4:30-5:00pm Cardio Blast Janel—(G)			
5:00-5:20pm 20min. Abs Janel—(G)	4:45-5:15pm Sport Janel—(2)	5:00-5:20pm 20min. Abs Janel—(2)			
5:30-6:15pm RIP Jody(2)	5:30-6:15pm Line Dancing Jill/Mandy—(2)	5:30-6:15pm Cardio Drumming Susan—(2)	5:30-6:15pm RIP Jody—(2)		
6:30-7:15pm Zumba® Alicia—(2)	6:30-7:15pm Aqua Cardio Amy—(P)	6:30-7:00pm Pilates Alicia—(2)			
		7:15-8:00pm RIP April—(2)			
7:20-8:00pm Yoga Kathryn—(2)		7:15-8:00pm Aqua Zumba® Alicia—(P)			

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.—7 yrs.

Play & Learn
Morning hours
Monday—Friday
8:45am-Noon

Play & Learn
Evening hours
Monday—Thursday
4:30-8:00pm

Play & Learn
Weekend hours
Saturday
9:00-11:00am