



All classes
Ages 14+

Parkview Huntington Family YMCA

Group Exercise Schedule

Dec. 30–Feb. 1, 2025

JANUARY

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)	8:00–8:45am Rotating Class* Various—(2)
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 Mix Kathryn—(2)		9:00–9:45am Cardio Drumming Susan—(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)	10:00–11:00am Yoga Jody—(2)
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 Cori—(2)	5:30–6:15pm Cardio Drumming Cori/Susan—(2)	5:30–6:15pm RIP Jody—(2)		
6:30–7:15pm Zumba® Alicia—(2)		6:30–7:00pm Pilates Alicia—(2)			
7:20–8:00pm Yoga Kathryn—(2)		7:15–8:00pm RIP April—(2)			
		7:15–8:00pm Aqua Zumba® Alicia—(P)			

***8am Rotating Class:**
Jan. 11– Zumba
Jan. 18– RIP
Jan. 25– Y-Cycle
Feb. 1– Aqua Cardio

Class Location	Color Code
(1)=Studio 1 (downstairs)	Aquatic
(2)=Studio 2 (upstairs)	Active Older Adult
(G)=Gymnasium	Cardio
(P)=Pool	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