

Parker Hannifin Downtown YMCA

Group Exercise Schedule Effective 1.10.21

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6:00 AM	Bootcamp Stephanie/Studio	Pure Strength Stephanie/Studio		Pure Strength Stephanie/Studio	Core & Lower Body Strength Stephanie/Studio 2	
	6:30 AM	Slow Flow Madison/Yoga		Slow Flow Madison/Yoga		Slow Flow Madison/Yoga	
	9:00 AM					Aquacise Katina/Pool (30)	Tai Chi Chris/Yoga
	9:30 AM						Y-Cycle Doug/Cycle (@9:00)
	10:00 AM	Chair Yoga Judi/Yoga Mid-Level Cardio Cary/Studio			Chair Yoga Rebekah/Yoga HIIT Cary/Studio		
	10:30 AM					Cycle Express (30min @ 10:15) Katina/Cycle	Gentle Yoga Rebekah/Yoga
	11:00 AM		Silver Sneakers Classic Mo/Studio	Silver Sneakers Classic Mo/Studio	Silver Sneakers Circuit Judy/Studio	Fitness After 50 Katina/Studio	
NOON	12:00 PM	Power Yoga Mairaghead/Yoga	All-Levels Yoga Adrienne/Yoga	All-Levels Yoga Adrienne/Yoga	All-Levels Yoga Adrienne/Yoga		
	12:30 PM	Pure Strength Jill/Studio	Bootcamp Mike/Studio	Cardio Strength Combo (@12:15) Denise/Studio	Tabata Mike/Studio	Row HIIT Jill/Studio	
EVENING	5:30 PM	Slow Flow Mairaghead Zumba BrandiStudio	Zumba Brandi/Studio Water Aerobics Kenny/Pool		Zumba Brandi/Studio Y-Cycle Tim/Cycle Water Aerobics Kenny/Pool Yoga/Sculpt Rebekah/Yoga	<p>PILATES coming soon!</p> <p>Our group exercise classes are suitable for all fitness levels ages 13 and up. Instructors will show options and modifications to meet your needs.</p> <p>We offer free equipment orientations and one free personal training session with our certified personal trainers! Ask the front</p>	
	5:45 PM	Y-Cycle Laura/Cycle					
	6:15 PM						
	7:00 PM						