



Group Exercise Room Classes 4/29-5/5

(Updated 4/29/24)

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am	BODYPUMP™ Louie		BODYPUMP™ Patty	BODYPUMP™ Rinette	Barre Patty		
	7:00 AM							
	8:00 AM		Step Fusion Meagan		Step Fusion Meagan	Yoga Donna	Barre/Pilates Alex	
	9:00 AM	BODYPUMP™ Kristin	Dance Cardio (Seniors) (9:15) Suzy	SS Circuit® Suzy	BODYPUMP™ Stefanie	Flexible Core Ingrid	BODYPUMP™ Staff	
	10:00AM	SS Classic® (10:15) Andrea	SS Circuit® Suzy & Cindy	CORE™ (40 mins) Sharon	SS Circuit® (10:15) Mo	CORE™ & COMBAT™ (25/25mins) Kristin	Step Mary	Pure Strength (10:15) Mary
11:00 AM	SS Classic® (11:15) Andrea	Strength & Balance Cindy				Pure Strength Laura		
12:00PM						Zumba® Christina	Zumba® Natalia or Roula	
EVENING	5:00 PM	Zumba® Natalia	BODYPUMP™ Stefanie	HIIT POWER 50 Will	Pure Strength Express Ingrid	Cardio Dance Stacey		
	<u>5:30 PM</u> <u>6:00 PM</u> <u>6:30 PM</u>	Compound Circuits Jan	Step Mary	Rebound Mary	5:30 BODYPUMP™ Lisa 6:30 BODYCOMBAT™ (25mins) Lisa		<p>Classes are 50 minutes unless noted.</p> <p>Express classes are 25 minutes.</p> <p>More classes are on the opposite page!</p> <p>Saving space-seats and/or equipment is not permitted.</p> <p>Check the YMCA360 App for Updates</p>	
	7:00 PM	BODYCOMBAT™ Martial Arts-Inspired Stefanie	Zumba® Natalia		Step Mary			

Cycle, Training, Auxiliary & Community Room Classes 4/29-5/5

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM	HIIT Shannon	Cycle Strength Shannon		Cycle Strength Shannon			
	8:00 AM			TRX Circuit Will (Training Rm) Tai Chi Chris (Community Rm)			Cycle Tom	
	9:00 AM		Yoga Jacquelyn (Community Rm)	TRX Express Will (Training Rm)	Yoga Basics Matthew (Community Rm)		Yoga Cindy (Community Rm)	Cycle Shannon
	9:00 AM	Pure Strength (for Her) Darcy (Training Rm)		Pure Strength (for Her) Darcy (Community Room)		Pure Strength (for Her) Darcy (Training Rm)		
	9:00 AM	Cycle Tim	Cycle Darcy	Cycle Claire		Cycle Claire		
EVENING	10:00 AM & 11AM		BODYCOMBAT™ Martial Arts-Inspired Kristin (Community Rm)	TRX Will (Training Rm) Strength & Balance Suzy (Community Rm) <hr/> 11am Virtual Chair Yoga		11am Virtual Chair Yoga (Community Rm)	10am Cycle Laura	
	5:00 PM & 5:30 PM		Yoga Cindy (Community Rm)	Yoga Cindy (Community Rm)	<hr/> 5:30 Cycle Express Ingrid			
	6:00 PM	Power Yoga Meghan (Community Rm)	Cycle Laura		Strength Basics Will (Training Rm) Power Yoga Julie (Community Rm)	Classes are 50 minutes unless noted.	Express Classes are 25 minutes.	These rooms are closed to drop-in use during classes & PT sessions.
7:00 PM	Tai Chi Chris (Community Rm)			TRX Will (Training Rm)	Check the YMCA360 App for Updates			