

# Group Exercise Room Classes 7/22-7/31

(Updated 7/21/24)


MORNING

| TIME     | MONDAY                               | TUESDAY                                      | WEDNESDAY                        | THURSDAY                         | FRIDAY  | SATURDAY                      | SUNDAY                               |
|----------|--------------------------------------|--|----------------------------------|----------------------------------|---|-------------------------------|--------------------------------------|
| 6:00am   | <b>BODYPUMP™</b><br>Louie            |  | <b>BODYPUMP™</b><br>Patty        | <b>BODYPUMP™</b><br>Rinette      | <b>Barre</b><br>Mary                              |                               |                                      |
| 7:00 AM  |                                      |  |                                  |                                  |   |                               |                                      |
| 8:00 AM  |                                      | <b>Step Fusion</b><br>Meagan                 |                                  | <b>Step Fusion</b><br>Meagan     | <b>Yoga</b><br>Donna                              | <b>Barre/Pilates</b><br>Alex  |                                      |
| 9:00 AM  | <b>BODYPUMP™</b><br>Kristin          | <b>Dance Cardio (Seniors) (9:15)</b><br>Suzy | <b>SS Circuit®</b><br>Suzy       | <b>BODYPUMP™</b><br>Stefanie     | <b>Flexible Core</b><br>Ingrid                    | <b>BODYPUMP™</b><br>Staff     |                                      |
| 10:00AM  | <b>SS Classic® (10:15)</b><br>Andrea | <b>SS Circuit®</b><br>Suzy & Cindy           | <b>CORE™ (40 mins)</b><br>Sharon | <b>SS Circuit® (10:15)</b><br>Mo | <b>CORE™ &amp; COMBAT™ (25/25mins)</b><br>Kristin | <b>Step</b><br>Mary           | <b>Pure Strength (10:15)</b><br>Mary |
| 11:00 AM | <b>SS Classic® (11:15)</b><br>Andrea | <b>Strength &amp; Balance</b><br>Cindy       |                                  |                                  |   | <b>Pure Strength</b><br>Laura |                                      |

EVENING

|         |                                 |  |                              |  |  |  |   |
|---------|---------------------------------|--|------------------------------|--|--|--|---|
| 12:00PM |                                 |  |                              |  |  | <b>Zumba®</b><br>Christina   | <b>Zumba®</b><br>Natalia or Roula   |
| 5:00 PM | <b>Zumba®</b><br>Natalia        | <b>MuttStrut</b><br>Ingrid (Outside the Y)<br><b>BODYPUMP™</b><br>Stefanie | <b>HIIT POWER 50</b><br>Will | <b>Pure Strength Express</b><br>Ingrid |  |  |  |
| 6:00 PM | <b>Compound Circuits</b><br>Jan | <b>Step</b><br>Mary  | <b>Rebound</b><br>Mary       | <b>BODYPUMP™</b><br>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 |                                 | <b>Coming 7/30 Zumba with Laura!!!</b>                                     |                              | <b>Step</b><br>Mary                    |  |  |   |

# Cycle, Training, Auxiliary & Community Room Classes 7/22-7/31

|                | TIME              | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|----------------|-------------------|--|--|--|---|--|---|---|
| <b>MORNING</b> | 6:00 AM           | <b>HIIT</b><br>Shannon                                   | <b>Cycle Strength</b><br>Shannon   |  | <b>Cycle Strength</b><br>Shannon  |  |   |   |
|                | 8:00 AM           | <b>Yoga Basics</b><br>Matthew<br>(Community Rm)          |  | <b>TRX Circuit</b><br>Will<br>(Training Rm)<br><br><b>Tai Chi</b><br>Chris<br>(Community Rm)   |   |  | <b>Cycle</b><br>Tom   |   |
|                | 9:00 AM           |  | <b>Yoga</b><br>Matthew<br>(Community Rm)                                     | <b>TRX Express</b><br>Will<br>(Training Rm)  |   |  | <b>Yoga</b><br>Cindy<br>(Community Rm)  | <b>Cycle</b><br>Shannon                                       |
|                | 9:00 AM           | <b>Pure Strength (for Her)</b><br>Darcy<br>(Training Rm) |  | <b>Pure Strength (for Her)</b><br>Darcy<br>(Community Room)  |   | <b>Pure Strength (for Her)</b><br>Darcy<br>(Training Rm) |   |   |
|                | 9:00 AM           | <b>Cycle</b><br>Tim                                      | <b>Cycle</b><br>Darcy  | <b>Cycle</b><br>Claire   |   | <b>Cycle</b><br>Claire                                   |   |   |
|                | 10:00 AM & 11AM   | <b>11am Chair Yoga</b><br>Marcia<br>(Auxiliary Rm)       | <b>BODYCOMBAT™</b><br>Martial Arts-Inspired<br><b>CANCELLED</b><br>This Week | <b>TRX</b><br>Will<br>(Training Rm)<br><br><b>Strength &amp; Balance</b><br>Suzy<br>(Community Rm)<br><br><b>11am Virtual Chair Yoga</b> |   | <b>11am Chair Yoga</b><br>Marcia<br>(Community Rm)       | <b>Cycle</b><br>Laura   |   |
|                | 5:00 PM & 5:30 PM |  | <b>Yoga</b><br>Cindy<br>(Community Rm)                                       | <b>Yoga</b><br>Cindy<br>(Community Rm)   | <b>5:30 Cycle Express</b><br>Ingrid   |  |  |   |
| <b>EVENING</b> | 6:00 PM           | <b>Power Yoga</b><br>Meghan<br>(Community Rm)            | <b>Cycle</b><br>Laura  |  | <b>Strength Basics</b><br>Will<br>(Training Rm)<br><br><b>Power Yoga</b><br>Julie<br>(Community Rm) | <b>Classes are 50 minutes unless noted.</b>              | <b>Express Classes are 25 minutes.</b>  | <b>The Cycle Room is closed except for scheduled classes.</b> |
|                | 7:00 PM           | <b>Tai Chi</b><br>Chris<br>(Community Rm)                |  |  | <b>TRX</b><br>Will<br>(Training Rm)   |  |   |   |
|                |                   |  |  |  |   | <b>Check the YMCA360 App for Updates</b>                 |   |   |