



the power of **PLAY**

SOUTH SIDE YMCA Group Exercise Schedule

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6-7AM CARDIO BOOT CAMP Studio A DeAntae		7-7:45am CYCLING Studio C Earnestine		
8-8:45am CYCLING Studio C Tonya	8:30-9:15am BOSU Studio C Tonya	8-8:45am CYCLING Studio C Tonya	8:30-9:15am BOSU Studio C Tonya		8-8:45am POWER CYCLING Studio C Kylana	
9-9:45am SILVER SNEAKERS Studio A Tonya	9:15-10:15am CHAIR YOGA MPR Camille	9-9:45am SILVER SNEAKERS Studio A Tonya	9:30-10:30 CHAIR YOGA MPR Camille	9-9:45am WEIGHTLIFTING Studio A Tonya	9-9:45am FULL BODY CONDITIONING Studio A Louis	
	10:30-11am GUIDED MEDITATION MPR Camille	10-10:45am WEIGHTLIFTING Studio A Tonya	10:30-11am GUIDED MEDITATION MPR Camille		10-10:45am Cardio Kickboxing Studio A Louis	
	11:15am-12pm OLD SCHOOL WORKOUT 1 st B-Court DeAntae	11:15am-12:15pm GENTLE FLOW YOGA MPR Camille	11:15am-12pm OLD SCHOOL WORKOUT 1 st B-Court DeAntae		11-11:45am Xtreme Hip-Hop Studio A Will	
10-10:45am AQUANATICS (\$) Large Pool Bruce	10-10:45am AQUAFIT Large Pool Robin	10-10:45am AQUANATICS (\$) Large Pool Bruce	10-10:45am AQUAFIT Large Pool Robin	10-10:45am AQUANATICS (\$) Large Pool Bruce		
7-7:45pm AQUAFIT Large Pool Robin		7-7:45pm AQUAFIT Large Pool Robin				
5:30-6:30pm YOGA Studio A Sarah	5:00-5:45pm ZUMBA Studio A KerryAnne starting Apr 9 th	5:30-6:30pm YOGA Studio A Sarah	5-30-6:15pm POWER CYCLING Studio C Shaleah			
	5-30-6:15pm POWER CYCLING Studio C Shaleah		6:30-7:15pm GLUTES & GUTS Studio A Naimah			
	6-7pm LINE DANCING (\$) Studio A Naimah	6:45-7:30pm ZUMBA Studio A Nikita			Family, Fun, & Fit Returns 1st Wed in MAY 6:30-7:15pm	
7-8pm BOOT CAMP Studio A DeAntae	5-30-6:15pm HIIT Studio C Shaleah	7:30-8:15pm XTREME HIP HOP Studio A Will				Updated 4/1/2024

Reservation Required
southsideymca.org

Check our website or app for the most current information on substitutions & cancellations. For additional information or questions, please contact 773-947-0700.