



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE

Winter Session

January 9, 2017 - February 11, 2017

SPECIALTY FITNESS CLASSES

TRX Suspension

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|--|----------|--|----------|
| | | 9:30-10:30am TRX M. Arts / Laura | | 5:00-6:00am TRX Gym 1/TerrieAnn | |

Pilates Reformer All Pilates Reformer class in the Pilates Studio.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------------------------|-----------------------|--------------------------|------------------------|----------|
| 5:15-6:10am Charlotte | | 9:00-9:55am Rachel | | 9:30-10:25am Rachel | |
| | | | | | |
| | 4:30-5:30pm Charlotte | | 4:30-5:25pm Charlotte | | |
| | | | 6:30-7:25pm Rachel | | |

Barre All bootybarre classes in the Dance Studio.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|-----------------------|--------|----------|
| | | | | | |
| | | | 5:30-6:30pm Rachel | | |

Activ8

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|----------------------|-----------------------|--|--------|----------|
| | 7:30-8:00pm Agnes | 9:30-10:00am Agnes | 12:30-1pm Staff Training Roj/Agnes | | |
| 6:00-6:30pm Roj | | | 5:00-5:30pm Roj | | |

Specialty Fitness Classes. Registration required. Classes that do not meet the minimum enrollment, will be cancelled.

MEMBER FITNESS CLASSES – Free with membership

MONDAY

| Time | Class | Location |
|---------------|----------------------------|--------------|
| 5:05-6:05am | Tabata / TerrieAnn | Gym 1 |
| 5:15-6:15am | Indoor Cycle / Christine | Cycle Studio |
| 6:00-7:00am | Group Active / Joan | Studio 1 |
| 6:00-7:00am | Group Groove / Lita | Studio 2 |
| 7:30- 8:30am | Tai Chi / Scott | Gymnastics |
| 8:00-9:00am | Group Active / Joan | Studio 1 |
| 8:10-9:10am | Group Power / Carol | Studio 2 |
| 8:40-9:40am | Cardio Strength Combo/Jill | Gym 3 |
| 9:15-10:15am | Group Centergy / Terry | Studio 2 |
| 9:15-9:45am | Group Core / Cathleen B. | Studio 1 |
| 9:15-10:15am | Indoor Cycle / Donna | Cycle Studio |
| 9:50-10:50am | Group Fight / Cathleen B. | Gym 3 |
| 10:00-11:00am | Yoga / Sherry | Studio 1 |
| 11:00-12:00pm | AOA Functional Fit / Judy | Studio 1 |
| | | |
| 12:00-1:00pm | Yoga / Charlotte | M. Arts |
| 4:15-5:15pm | Full Body Condition/ Roj | Studio 1 |
| 5:15-6:15pm | Group Active / Kay Ann | Studio 2 |
| 6:15-6:45pm | Grit Strength / Erin | Studio 1 |
| 6:45-7:45pm | Body Pump / Kay Ann | Studio 2 |
| 7:00-8:00pm | Yoga / John | Studio 1 |

TUESDAY

| Time | Class | Location |
|---------------|--------------------------|--------------|
| 5:05-6:05am | Group Centergy / Deepa | Studio 2 |
| 5:30-6:00am | Grit Cardio / Alyssa | Gym 1 |
| 6:10-7:10am | Group Power/Cathleen B | Studio 2 |
| 7:15-8:15am | Group Centergy / Annie | Studio 2 |
| 8:20-9:20am | Group Groove / Jane | Studio 2 |
| 8:30-9:30am | Boot Camp / Agnes | Gym 1 |
| 9:00-9:45am | Pilates Mat 1 / Rachel | Gymnastics |
| 9:15-10:15am | Group Blast / Joan | Studio 1 |
| 10:00-11:00am | Yoga / Charlotte | M. Arts |
| 9:15-10:15am | Indoor Cycle / Christine | Cycle Studio |
| 10:00-11:00a | Zumba Gold / Beth | Gym 3 |
| 10:20-11:20p | Body Pump / Suzanne | Studio 2 |
| 10:30-11:30a | SilverSneakers /Judy | Studio 1 |
| 11:30-12:00p | Chair Yoga / Judy | Studio 1 |
| | | |
| 5:30-6:00pm | Group Core / Carol | Studio 2 |
| 6:00-7:00pm | Group Power / Carol | Studio 2 |
| 6:00-7:00pm | Indoor Cycle / Christine | Cycle Studio |
| 7:00-8:00pm | Body Combat / Erin | Studio 1 |
| 7:00-8:00pm | Group Centergy / Carol | Studio 2 |

FRIDAY

| Time | Class | Location |
|--------------|----------------------------|--------------|
| 5:30-6:30am | Indoor Cycle/ Christie | Cycle Studio |
| 6:00-7:00am | Group Blast / Joan | Studio 1 |
| 6:05-7:05am | Group Groove / Lita | Studio 2 |
| 7:30-8:30am | Tai Chi / Scott | Gymnastics |
| 8:00-9:00am | Group Blast / Joan | Studio 1 |
| 8:10-9:10am | Group Power /Cathleen B. | Studio 2 |
| 8:40-9:40am | Cardio Strength Combo/Jill | Gym 3 |
| 9:15-10:15am | Group Centergy / Terry | Studio 2 |
| 9:15-10:15am | Indoor Cycle / Anna | Cycle Studio |
| 9:50-10:50am | Group Fight / Cathleen B. | Gym 3 |
| 10:30-11:30a | Functional Fitness / Judy | Studio 1 |

SATURDAY

| Time | Class | Location |
|--------------|------------------------|--------------|
| 7:10-8:10am | Group Centergy / Carol | Studio 2 |
| 7:45-8:45am | Yoga / Sherry | Studio 1 |
| 8:00-9:00am | Indoor Cycle/ Donna | Cycle Studio |
| 8:15-8:45am | Group Core / Kay Ann | Studio 2 |
| 8:50-9:20am | KettleworX / Kay Ann | Studio 1 |
| 9:00-10:00am | Group Groove / Lita | Studio 2 |
| 9:30-10:00am | Grit Cardio / Erin | Studio 1 |
| 10:00-11:00a | Body Combat / Suzanne | Studio 2 |
| 11:00-12:00p | BodyPump / Suzanne | Studio 2 |
| | | |
| 12:30-1:30pm | Zumba/ Nori | Studio 1 |

MEMBER FITNESS CLASSES – Free with membership

WEDNESDAY

| Time | Class | Location |
|---------------|----------------------------|--------------|
| 5:05-6:05 am | Tabata / TerriAnn | Gym 1 |
| 5:30-6:30am | Indoor Cycle / Debby | Cycle Studio |
| 6:00-7:00am | Yoga / Jeanne | Studio 1 |
| 7:30-8:30am | Tai Chi / Scott | Gymnastics |
| 8:00-9:00am | Boot Camp/ Agnes | Studio 1 |
| 8:10-9:10am | Body Pump / Jane | Studio 2 |
| 8:40-9:40am | Cardio Strength Combo/Jill | Gym 3 |
| 9:15-10:15am | Group Centergy / Terry | Studio 2 |
| 9:15-9:45am | Group Core / Cathleen B. | Studio 1 |
| 9:15-10:15am | Indoor Cycle / Christie | Cycle Studio |
| 9:50-10:50am | Group Fight / Cathleen B. | Gym 3 |
| 10:30-11:30am | AOA Functional Fit / Judy | Studio 1 |
| | | |
| | | |
| 12:00-1:00pm | Yoga / Sherry | Studio 1 |
| 4:15-5:15pm | Power Hour/ Roj | Studio 1 |
| 5:15-6:15pm | Group Blast / Joan | Studio 2 |
| 6:30-7:30pm | Yoga / Pradip | Studio 1 |
| 6:45-7:45pm | Body Pump / Donna | Studio 2 |
| 7:30-8:30pm | Tabata / Meredith | Studio 1 |

SUNDAY

| Time | Class | Location |
|--------------|-----------------------|--------------|
| 8:00-9:00am | Indoor Cycle / Deb | Cycle Studio |
| 8:10- 9:10am | Group Power / Carol | Studio 2 |
| 9:10-10:10am | Group Centergy /Carol | Studio 2 |
| 10:15-11:15a | Family Zumba / Jenn | Gym 3 |
| 10:15-11:15a | Body Combat / Suzanne | Studio 2 |
| 11:20-12:05p | Mat Pilates/Jenn | Studio 1 |

THURSDAY

| Time | Class | Location |
|---------------|--------------------------|--------------|
| 5:05-6:05am | Group Centergy / Deepa | Studio 2 |
| 6:00-7:00am | Step / Debby | Studio 2 |
| 6:05-7:05am | Group Power / Cathleen B | Studio 2 |
| 7:10-8:10am | Group Centergy / Annie | Studio 2 |
| 8:15-9:15am | Group Groove / Jane | Studio 2 |
| 8:30-9:30am | Boot Camp / Agnes | Gym 1 |
| 9:00-9:45am | Pilates Mat 2 /Rachel | Gymnastics |
| 9:15-10:15am | Ride / Terry | Cycle Studio |
| 9:15-10:15am | Group Blast / Joan | Studio 1 |
| 9:20-10:20am | Yoga / Steve | M. Arts |
| 10:00-11:00am | Zumba Gold / Beth | Gym 3 |
| 10:20-11:20pm | Body Pump / Rachel | Studio 2 |
| 10:30-11:30am | SilverSneakers/Judy | Studio 1 |
| 11:30-12:00pm | Chair Yoga / Judy | Studio 1 |
| | | |
| 5:30-6:00pm | Group Core / Carol | Studio 2 |
| 6:00-7:00pm | Group Power / Carol | Studio 2 |
| 6:00-7:00pm | Indoor Cycle / Christine | Cycle Studio |
| 6:15-6:45pm | GRIT Plyo / Erin | Studio 1 |
| 7:00-8:00pm | BodyCombat / Suzanne | Studio 1 |
| 7:00-8:00pm | Group Centergy / Carol | Studio 2 |

***Designates Family friendly classes. Children 8 and older allowed with a parent actively supervising. Children 13-15 may attend recommended group fitness classes on their own after participating in a Teen Orientation. Youth 16 and up can attend any group fitness classes at the Fitness Director's discretion.

*** Active Older Adult Program AOA, & Silver Sneaker Classes. Open to YMCA members, Silver Sneakers, and AOA Program participants.

***New Class Formats added this session

***Group Fitness Classes with low attendance will be removed from the schedule.

*** Smart Start classes

WATER FITNESS CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| YMCA ARTHRITIS 9:00-10:00AM Jill | YMCA ARTHRITIS 9:00-10:00AM Becky | YMCA ARTHRITIS 9:00-10:00AM Jill | YMCA ARTHRITIS 9:00-10:00AM Becky | YMCA ARTHRITIS 9:00-10:00am Jill |
| AQUAFIT 9:15-10:15AM Becky | | DEEP WATER 9:15-10:15AM CHAR | | AQUAFIT 9:15-10:15AM Karen |
| | PRENATAL/POSTPARTUM 6:00-7:00PM Mary | | PRENATAL/POSTPARTUM 6:00-7:00PM Mary | |
| | AQUAFIT 7:00-8:00PM Mary | | AQUAFIT 7:00-8:00PM Mary | |

YOUTH FITNESS CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|-----------|----------|--------|--|
| | 4:30-5:30PM Youth Cycle & Core Christine | | | | 11:00-11:55AM \$Youth Boot Camp* |

\$ Paid Class. Registration required, must meet minimum enrollment to run. **Minimum enrollment is required for classes to run. Classes that do not meet the minimum enrollment, will be cancelled.**

Facility Hours
 Mon-Fri 5:00am-10:00pm
 Sat 6:00am-7:00pm / Sun 7:00am-6:00pm

Supervised Care Hours
 Mon-Fri 8:00am-1:30pm & 3:30pm-8:45pm
 Sat 8:00am-2:00pm / Sun 8:00am-2:00pm

Lap Pool Hours
 Mon-Fri 5:00am-9:45pm
 Sat 6:00am-6:45pm / Sun 7:00am-5:45pm

Family Pool Hours
 Mon-Thu 7:30am-8:30pm / Fri 7:30am-9:00pm
 Sat 12:00pm-6:45pm / Sun 12:00pm-5:45pm