



GROUP EXERCISE SCHEDULE (Segment 4: June 3 - July 7) Studio AB / C / D

BLUE = Beginner **GREEN = Multi-Level** **RED = Intermediate/Advanced**
ORANGE = Active Older Adult **PURPLE = Youth/Family**
AB = Studio AB C = Studio C D = Studio D
\$ Paid Registration Required at the Courtesy Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM						
5:15 - Cycle/Boot Camp Fusion 50 min - D - Gayle	5:15 - Cycle/Tabata Fusion 45 min - D - Gayle	5:15 - Group Cycle 45 min - D - Stephanie B	5:15 - Cycle/Tabata Fusion 45 min - D - Gayle	5:15 - Cycle with Strength 45 min - D - Stephanie B		
5:30 - Boot Camp 45 min - AB - Amanda	5:15 - Barre Connect 45 min - E - Liz B (NEW)	5:30 - Boot Camp 45 min - AB - Amanda	5:30 - TBC 45 min - C - Liz B			
6:00 AM						
6:00 - Step & Sculpt 45 min - C - Martha	6:15 - Strength Training 45 min - AB - Ty	6:00 - Step & Sculpt 45 min - C - Martha	6:15 - Strength Training 45 min - AB - Ty	6:00 - Step & Sculpt 45 min - C - Martha		
7:00 AM						
					7:00 - Tae Kwon Do 60 min - AB \$ Paid by Segment	
					7:30 - Cycle Xpress 30 min - D - Danielle	
8:00 AM						
8:00 - Silver Sneakers® Classic 45 min - AB - Karen	8:00 - Strength Training 50 min - AB - Heather	8:00 - Silver Sneakers® Stability 45 min - AB - Carrie	8:00 - Strength Training 50 min - AB - Gayle	8:00 - Silver Sneakers® Classic 45 min - AB - Julie	8:00 - Boot Camp/STRONG® Rotation 50 min - AB - Varies	
8:10 - Group Cycle ** 50 min - D - Stephanie B	8:00 - WERQ® 50 min - C - Michelle R.	8:00 am - Cycle/Boot Camp Fusion ** 60 min - D - Jen D.	8:00 - WERQ® 50 min - C - Michelle R.		8:30 - Group Cycle ** 60 min - D - Kristin H.	
9:00 AM						
9:00 - Dance Fitness 60 min - AB - Irma	9:00 - WERQ® 60 min - AB - Angie	9:00 - Zumba® Toning 60 min - AB - Debbie	9:00 - WERQ® 60 min - AB - Angie	9:00 - Zumba® 60 min - AB - Patricia	9:00 - Zumba® 50 min - AB - Jaime	
9:00 - TBC 60 min - C - Kristin R	9:00 - Interval Training 60 min - C - Ty (NEW)	9:10 - TBC 50 min - C - Joyce	9:00 - Interval Training 60 min - C - Ty (NEW)	9:00 - Cycle/Boot Camp Fusion ** 60 min - D - Jen D.	9:00 - Kids Fitness 50 min - C - Becky/Pam	
	9:00 - TRX® Circuit 45 min - D - Jen \$ Paid by Segment					
10:00 AM						
10:10 - Women's Strength 50 Min - AB - Carrie	10:00 - Beginner Cycle 45 min - D - Nadine	10:10 - Women's Strength 50 min - AB - Anne	10:00 - Beginner Cycle 45 min - D - Mike	10:10 - Women's Strength 50 min - AB - Shannon	10:00 - Strength Training 50 min - AB - Cathy/Shannon	
10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:10 - 20/20/20 60 min AB - Cecy (NEW)	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:10 - 20/20/20 60 min AB - Linda T	10:10 - R.I.P.P.E.D. for Beginners 50 min - C - Irma	10:00 - R.I.P.P.E.D. for Beginners 50 min - C - Becky/Pam	
	10:10 - Boot Camp 50 Min - C - Jen D.	10:15 - Power Lift 45 min - D - Kristin R \$ Paid by Segment (NEW)	10:10 - Boot Camp 50 Min - C - Jen D.		10:00 - TRX® Level 1 45 min - D - Irma \$ Paid by Segment	
11:00 AM						
11:00 - Wellness Ctr 101 - 60 min - Wellness Desk - Stefannie R Registration Required	11:20 - Strength Training 45 min - AB - Cecy		11:20 - Strength Training 45 min - AB - Nadine		11:00 - Rumble with Strength 60 min - AB - Irma	

SIGN-IN SHEET System for MARKED ** CLASSES:

1. Sign-up sheet will be set out on the Wellness Desk 30 minutes prior to class starting time. Only one name can be recorded per person.
2. The instructor will pick up the list prior to class start time and **will call members in by name in the order they signed in on the sheet.** You will enter the Studio after your name is called. If you are not in the Studio when class begins, your spot will not be held.
3. All open spots at the class start time are first come, first served.

FIRST COME, FIRST SERVED POLICY:

1. Line up in order of arrival. Be respectful, do not save space for others or use personal items (water bottles, bags, etc.) to save space in lines.
2. When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
3. Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
4. **If the studio door is closed do not enter.**

INSTRUCTOR SUBSTITUTION POLICY:

When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided. Due to the volume and unpredictability of instructor substitutions the Wellness Department is unable to communicate these changes to our members.

NOTES:

- Age requirement: 14 and up. 10 - 13 year olds are welcome to attend classes WITH PARENT/GUARDIAN.
- The YMCA reserves the right to cancel or change a class if minimum participation is not met.

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HOW TO INSTALL

Search "YMCAs" and install the "YMCAs" app.

Go to Preferences -> Notifications -> Notifications Enabled to turn on alerts.

How you will receive the app: Download the app from the App Store and Schedule for alerts and updates for the Y.

App Store **Google Play**

Our courtesy desk staff are available to help you download the app to your phone if you are an iPhone user, please have your apple ID and password available.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 Noon						
12:15 - Zumba® Gold 50 min - AB - Tonia	12:00 - Pickleball 150 min - Gym Self-Led	12:15 - Zumba Gold 50 min - AB - Linda T	12:00 - Pickleball 150 min - Gym Self-Led	12:15 - Zumba® Gold 50 min - AB - Tonia		12:30 - Pickleball 90 min - Gym Self-Led
	12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary		12:15 - Rock Steady Boxing® - AB \$ Paid - St. Mary			
1:00 PM						
1:15 - Silver Sneakers® Classic 45 min - AB - Karen		1:15 - Silver Sneakers® Stability 45 min - AB - Nadine		1:15 - Silver Sneakers® Classic 45 min - AB - Tonia		
1:15 - Strength Training 50 min - C - Danielle		1:15 - Strength Training 50 min - C - Cecy				
		1:00 - Pickleball 90 min - Gym Self-Led				
2:00 PM						
2:15 - Chair Yoga 45 min - AB - Melissa P	2:00 - Silver Sneakers® Yoga 45 min - AB - Anita	2:15 - Chair Yoga 45 min - AB - Nadine	2:00 - Silver Sneakers® Yoga 45 min - AB - Anita			
3:00 PM						
						3:00 - Zumba® 60 min - AB Patricia/Rita
4:00 PM						
	4:00 - Strength Training 50 min - C - Cecy		4:00 - Strength Training 50 min - C - Cecy		4:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment	
	4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R.		4:10 - WERQ®/Zumba® Jam 50 min - AB - Michelle R.			
5:00 PM						
5:00 - Zumba® 50 min - AB - Patricia	5:10 - TBC 50 min - AB - Cathy	5:00 - Zumba® 50 min - AB - Rita		5:00 - STRONG® 50 min - C - Cathy		
	5:20 - Zumba® Gold-Toning 50 min - C - Becky	5:00 - Uplifting Teens 60 min - Wellness Desk - Stefannie R Registration Required (NEW)	5:20 - Zumba® Gold-Toning 50 min - C - Becky			
5:15 - Strength Xpress 30 min - C - Linda K	5:30 - Group Cycle 50 min - D - Kristin H.	5:15 - Strength Xpress 30 min - C - Danielle				
5:30 - Cycle Xpress 30 min - D - Kristin H		5:30 - Cycle/Boot Camp Fusion ** 60 min - D/C - Cariann				
6:00 PM						
6:00 - TBC 50 min - AB - Instructor	6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	6:30 - Outdoor Boot Camp 45 min - Pavilion- Amanda (NEW)	6:00 - Power Lift 45 min - D - Lizz G \$ Paid by Segment (NEW)	6:00 - Cycle/Boot Camp Fusion 60 min - D/C - Instructor		
6:00 - Drumming/Pound® Fusion 50 min -C- Jaime	6:20 - R.I.P.P.E.D. 60 min - C - Irma		6:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	6:00 - Wellness Center 101 - 60 min Wellness Desk - April Registration Required		
	6:30 - TRX® Level 1 45 min - D - Cathy \$ Paid by Segment		6:20 - R.I.P.P.E.D. 60 min - C - Irma			
7:00 PM						
7:00 - Boot Camp 50 min - AB - Jay	7:05 - Tae Kwon Do 60 min - AB \$ Paid by Segment	7:00 - Boot Camp 50 min - AB - Jay				
7:00 - Zumba® Toning 50 min - C - Cathy		7:00 - Zumba® Toning 50 min - C - Cathy				
8:00 PM						
8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment		8:00 - Jiu Jitsu 120 min - AB \$ Paid by Segment				