



GROUP EXERCISE SCHEDULE (Segment 7: October 28 - December 22) 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	5:30 - Group Cycle 45 min - D - Cylie (NEW TIME)	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		5:30 - Boot Camp 45 min - AB - Amanda				
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	
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 - TBC 50 min - AB - Cathy (NEW)	
8:10 - Cycle with Strength 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.	
	8:10 - TRX® Circuit 45 min - D - Jen \$ Paid by Segment (Ends 12/10)					
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 - Gym - Ty	9:00 - TBC 60 min - C - Joyce	9:00 - Interval Training 60 min - Gym - Ty	9:00 - TBC 60 min - C -Crystal	9:00 - Kids Fitness 50 min - C - Becky/Pam	
9:10 - Cycle/Boot Camp Fusion 50 min - D - Cariann (NEW)	9:00 - Group Cycle 45 min - D - Shannon (NEW)	9:15 - Cycle with Strength 60 min - D - Liz B	9:00 - Group Cycle 45 min - D - Shannon	9:00 - Cycle/Boot Camp Fusion ** 60 min - D - Jen D.		
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 - Strength Training 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 - BOOM® 60 min - AB - Tricia	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.		10:10 - Boot Camp 50 Min - C - Jen D.		10:00 - TRX® Level 1 45 min - D - Irma \$ Paid by Segment (Ends 12/14)	
11:00 AM						
11:10 - 20/20/20 60 min - C - Cecy (NEW)	11:00 - Power Lift 45 min - D - Kristen R \$ Paid by Segment (Ends 12/10)	11:10 - 20/20/20 60 min - C - Cecy (NEW)	11:20 - Strength Training 45 min - AB - Nadine		11:00 - Transform® LIVE 30 min - AB - Irma (NEW)	11:00 - Pickleball 65 min - Gym Self-Led
	11:20 - Strength Training 45 min - AB - Tricia				11:30 - P90X® LIVE 30 min - AB - Irma (NEW)	11:15 - Super Cycle 90 min - D - Alicia (NEW)

SIGN-IN SHEET System for MARKED ** CLASSES:

- 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.
- 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.
- All open spots at the class start time are first come, first served.

FIRST COME, FIRST SERVED POLICY:

- 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.
- When the instructor arrives and is ready to start class, they will ask participants to enter in order of arrival.
- Exit the studio when the class is over. Note: All participants must exit the studio even if they plan to attend the next class.
- 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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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.

Available on the App Store | Get it on Google Play

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		12:00 – Strength Training 45 min – AB – Crystal (NEW)
	12:15 – Rock Steady Boxing® – AB \$ Paid – St. Mary		12:15 – Rock Steady Boxing® – AB \$ Paid – St. Mary			12:30 – Pickleball 90 min – Gym Self-Led
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 – Kristin R		
1:10 – Transform® LIVE 30 min – C – Cecy (NEW)		1:10 – Transform® LIVE 30 min – C – Cecy (NEW)				
		1:00 – Pickleball 90 min – Gym Self-Led				
2:00 PM						
	2:00 – Silver Sneakers® Yoga 45 min – AB – Anita		2:00 – Silver Sneakers® Yoga 45 min – AB – Anita			
3:00 PM						
	3:00 – BOOM® 60 min – AB – Julie (NEW)		3:00 – BOOM® 60 min – AB – Julie (NEW)			3:00 – Zumba® 60 min – AB Patricia/Rita
						3:00 – Wellness Ctr 101 – 60 min – Wellness Desk – Kim Registration Required (Ends 12/15)
						3:00 – Kids Fitness 60 min – C – Becky/Pam
4:00 PM						
4:30 – Strong 30™ 30 min – C – Cathy (NEW)	4:00 – Strength Training 50 min – C – Cecy	4:30 – P90X® LIVE 30 min – C – Irma (NEW)	4:00 – Strength Training 50 min – C – Cecy		4:00 – Jiu Jitsu 120 min – AB \$ Paid by Segment	
	4:10 – WERQ®/Zumba® 50 min – AB – Michelle R.		4:10 – WERQ®/Zumba® 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	5:20 – Zumba® Gold-Toning 50 min – C – Becky	5:00 – STRONG® 50 min – C – Cathy		
5:15 – Strength Xpress 30 min – C – Linda K	5:20 – Zumba® Gold-Toning 50 min – C – Becky	5:15 – Strength Xpress 30 min – C – Amanda	5:30 – Transform® LIVE 30 min – AB – Cecy (NEW TIME)			
	5:30 – Cycle Xpress 30 min – D – Kristin H	5:30 – Cycle/Boot Camp Fusion 50 min – D – Cariann (NEW)	5:30 – Cycle Xpress 30 min – D – Kristin H			
6:00 PM						
6:00 – TBC 50 min – AB – Instructor	6:05 – Tae Kwon Do 60 min – AB \$ Paid by Segment	6:00 – Wellness Center 101 – 60 min Wellness Desk – April Registration Required (Ends 12/11)	6:05 – Tae Kwon Do 60 min – AB \$ Paid by Segment	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		6:15 – Power Lift 45 min – D – Lizz G \$ Paid by Segment (Ends 12/12)			
6:30 – Group Cycle 45 min – D – Joy	6:30 – TRX® Level 1 45 min – D – Cathy \$ Paid by Segment (Ends 12/10)	6:30 – Cycle Xpress 30 min – D – Joy	6:20 – CORE DE FORCE™ LIVE 60 min – C – Irma (NEW)			
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				