



**(Members only) INTERIM Week Group Exercise & Cycling Schedule: 8/21-9/3/2017**

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00am	<b>MON CYCLING</b> 5:30-6:15 Molly <b>8/21 only</b>	<b>TUE CardioBLAST /CORE&amp;More</b> 5:30-6:30 Melissa	<b>WED CYCLING</b> 5:30-6:15 Melissa Rae	<b>THUR Bootcamp</b> 5:30-6:30 Melissa	<b>FRI CYCLING</b> 5:30-6:15 Melissa Rae		
6:30am							
7:00am							
7:30am							
8:00am			<b>CYCLE&amp;TONE</b> 8-9Anne				
8:30am							
9:00am				<b>PUMPED 9-10</b> Crystal <b>8/24 only</b>		<b>CYCLING</b> 9-10 Lisa	<b>STEPn SCULPT9- 10 Kelly 8/26only</b>
9:30am							
10:00am	<b>WOW</b> 9:30-10:30 Fit Ctr - John	<b>CHAIR YOGA</b> 10:10-11:10 Lixia	<b>WOW</b> 9:30-10:30 Fit Ctr - John				
10:30am	<b>BALANCE&amp; STABILITY</b> 10:30-11:15 Veronica <b>8/21 only</b>		<b>STRENGTH&amp; MORE 10:30- 11:15</b> Veronica <b>8/23 only</b>		<b>STRENGT H&amp;MORE</b> 10:30- 11:15 Veronica <b>8/25only</b>		
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm			<b>TBW 4:30- 5:30</b> Kelly <b>8/23 only</b>				
4:30pm							
5:00pm	<b>Zumba 5:30- 6:30 Cat</b>		<b>CARDIO SCULPT 5:30- 6:30</b> Melissa	<b>PILATES 5-6</b> Michelle <b>8/24 only</b>	<b>Zumba</b> 5:15-6 Cat		
5:30pm	<b>CYCLING</b> 6-7Lisa <b>8/21 only</b>		<b>CYCLING 6-7</b> Lisa				
6:00pm						Closed	Closed Schedule revised 8/09/17 Subject to change
6:30pm							
7:00pm							
7:30pm							
8:00pm							

**\*\*YMCA CLOSED LABOR DAY 9/4\*\***

