


WINTER 2019 GROUP EXERCISE & CYCLING SCHEDULE 12/31/18*-2/17/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLING 5:30-6:15 Molly	Peak Cardio&More 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae	MASHUP BOOTCAMP 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM						STRONG by ZUMBA 8-9 Alicia	TABATA 8:00-9:00 Jen
9:00 AM	ZUMBA 9-10 Yuri	CYCLING 9-10 Anne INTERVAL BARRE STRENGTH 9-10 Stacy WOW 9:30-10:30 Vince	Cycle and Tone 9-10 Anne Zumba 9-10 Yuri WOW 9:30-10:30 John /Vince	CYCLING 9-10 Anne STABILITY BALL BOOTCAMP 9:00-10:00 Crystal WOW 9:30-10:30 Vince	Fit 45 9-9:45 Stacy		
9:30 AM							
10:00 AM						CHAIR YOGA 10:10-11:10 Lixia	STRENGTH & MORE 10:30-11:15 Veronica
10:30 AM	BALANCE & STABILITY 10:30-11:15 Veronica						
11:00 AM						Pilates 4-5 Michelle	
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM	Octagon HIIT 4-5 Kim 20/20/20 4-5 Kym	Therapeutic Yoga 5:30-6:30 Lixia	TBW 4:30-5:30 Kelly SHRED n SCULPT 5:30-6:30 Melissa	Zumba Gold 4-4:45 Ginny	ZUMBA 5:15-6 Cat		
4:00 PM							
4:30 PM							PILATES 5:00-6:00 Michelle
5:00 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7 Lisa/Glen						
5:30 PM			Metabolic Conditioning 6:30-7:30 Kim	DANCE FITNESS 6:30-7:15 Mary	CYCLING 6:00-7:00 Lisa	STRONG BY ZUMBA 6-7 Freddie	
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							

NO CLASSES 12/31/18 AFTER 11:15 -YMCA CLOSSES AT 5PM *****

SCHEDULE REVISED 12/11/18 Subject to change

NO CLASSES 12/31 after 11:15

