



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

Effective October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness 8:30-9:05 Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:30-9:05 Robin	Body Pump 5:15 – 6:15AM Dawn Gulick	Senior Fitness 8:30-9:05 Robin	Body Pump 8:00 – 9:00am Rotation
Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	Water Aerobics 9:15-10:00 Marge Classen	
Strength Express 12-12:30 pm Amanda	Silver Sneakers 10:30-11:00am Jo RETURN TO SCHEDULE*	Cardio & Strength 9:20-10:00 am Amanda	Alignment Yoga 9:15 – 10:00am Tomoko NEW TIME*	Cardio & Strength 9:20-10:00 am Amanda	
Vin – Yin Yoga 4:15- 5:05pm Angel	Tabata Fusion 12-12:30 pm Kara	HIIT 12:00-12:30 pm Amanda	Silver Sneakers 10:30-11:00am Jo RETURN TO SCHEDULE*	*Class in RED requires registration to guarantee your spot. All classes are held in the aerobics room and have a max of 12 people.	
Full Body Workout 5:30-6:15 pm Becky	Body Pump 5:30 – 6:30 pm Tina	Zumba 5:15-6:00 pm Andrea	Bootcamp/HIIT 12:00-12:30 pm Kara	*Please bring your own yoga mat and yoga block to the yoga classes.	
	Aquatic Bootcamp 5:30-6:30pm Kim		Pound 5:30-6:30 pm Candace	<b>YMCA Girls On The Run 5K October 31 at 9:00AM @ YMCA Virtual 5K Option available</b>	

Spin classes will be added in November!