

# Group Exercise Schedule May 31st-August 18th

All Classes included with your Y-membership. **\*PLEASE NOTE ANY CLASS CHANGES\***

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym
6:00-7:00a												
7:30-8:30a				Transform Rashmi Gym A			Chair Yoga Deb (7:45-8:45)	Transform Rashmi Gym A				BodyPump Lee Ann Gym A
8:00-9:00a												
9:00-10:00a	Trim & Tone Christine (9:15-10:15) <hr/> Cycling Krista	Super Seniors Sherri Gym A	P90x Stacey (9:30-10:30) <hr/> Cycling Krista	Silver N' Fit Balance Sherri Gym A	All In One Marlene (9:15-10:15)	Super Seniors Sherri Gym A	Abs, Buns & Guns/Cardio Kickboxing Rochelle (9:30-10:30) <hr/> Cycling Tamara	Silver Sneakers Circuit Marlene Gym A	P90x Stacey (9:15-10:15)	Sr. Zumba Rochelle Gym A	Zumba Emily	
10:00-11:00a	All About Yoga Beth (10:30-11:30)	Silver Sneakers Classic JoAnn Gym A		Silver Sneakers Classic JoAnn Gym A	PIYo Stacey (10:15-11:15)	Silver Sneakers Classic JoAnn Gym A		Silver Sneakers Classic Marlene Gym A	PIYo Stacey (10:30-11:30)	Silver Sneakers Classic JoAnn Gym A	<b>*Dance Celebration (Premium Class)*</b> Mary	
11:00a-12:00p		BodyPump Rochelle Gym B				W.I.C.K.E.D. Stacey Gym B				Zumba Shannon Gym B	<b>Mack Park Classes</b> June 12-August 18 <b>Body Bootcamp</b> Stephanie S. Tuesdays/Thursdays 6:30-7:30am <hr/> <b>Core Crusher</b> Matt H. Saturdays 10-11am <hr/> <b>Aqua Zumba</b> Rochelle Tuesdays 11:30am-12:30pm (July 11-August 15)	
5:30-6:30p	Ready to Be Fit Matt J. <hr/> Cycling Tracey	R.I.P.P Roger Gym A	H.E.A.T Tracey (5:15-6:15) (see below)	Zumba Rochelle Gym A	Ready to Be Fit Matt J. <hr/> Cycling Tracey	Abs, Buns & Guns/Cardio Kickboxing Rochelle Gym A	BodyPump Rochelle <hr/> Cycling Tracey	Zumba Emily Gym A	<b>*Dance Celebration (Premium Class)*</b> Mary	Ready to Be Fit Stephannie L. Gym A		
6:30-7:30p	<b>*Pound (Premium Class)*</b> Rochelle		Pilates Teri	BodyPump Lee Ann	Box & Burn Donnie	Core Crusher Matt H.						

**\*Abs, Buns, & Guns taught first 2 weeks of month/Cardio Kickboxing taught last 2 weeks of month\***

**\*Classes in RED are Premium classes and have an extra fee, they are not included with your membership\***