

Group Exercise Schedule August 19th–October 30th

All Classes included with your Y-membership except those in ***RED*** ***PLEASE NOTE ANY CLASS CHANGES***

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym
6:15–7:15a				*Discover* Stephanie Gym A				*Discover* Stephanie Gym A				
7:30–8:30a				Transform Rashmi Gym A			Chair Yoga Deb (7:45–8:45)	Transform Rashmi Gym A				BodyPump Lee Ann Gym A
9:00–10:00a	Trim & Tone Christine (9:15–10:15) <hr/> Cycling Krista	Super Seniors Sherrri Gym A	P90x Stacey (9:30–10:30) <hr/> Cycling Shannon	Silver N' Fit Balance Sherrri Gym A	All In One Marlene (9:15–10:15)	Super Seniors Sherrri 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	*Dance Celebration* Mary	
11:00a–12:00p	*Teens in Training* Stephanie (3:30–4:30)	BodyPump Rochelle Gym B	*Teens in Training* Cody (3:30–4:30)		*Teens in Training* Stephanie (3:30–4:30)	W.I.C.K.E.D. Stacey Gym B	*Teens in Training* Cody (3:30–4:30)			Zumba Shannon Gym B		
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)	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	*Dance Celebration* Mary	Ready to Be Fit Stephannie L. Gym A		
6:30–7:30p	*Discover* Cody	*Pound* Rochelle Gym A	Pilates Teri	BodyPump Lee Ann	Box & Burn Donnie	*Discover* Cody Gym A <hr/> Core Crusher	Yoga Flow Amber					

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

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

Discover runs Sept 11–Dec 1, Teens in Training runs Sept 11–Nov 2, Pound runs Sept 11–Oct 30, Dance Celebration runs Oct 6–Nov 25

Shannon will begin teaching Tuesday morning cycling on October 3