

# Group Exercise Schedule October 31st–December 31st

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				<b>*Discover*</b> Stephanie Gym A				<b>*Discover*</b> Stephanie Gym A				
7:30-8:30a				Transform Rashmi Gym A			Chair Yoga Deb (7:45-8:45)	Transform Rashmi Gym A	Transform Rashmi (8:00-9:00)			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	<b>*Dance Celebration*</b> Mary	
11:00a-12:00p	<b>*Teens in Training*</b> Stephanie (3:30-4:30)		<b>*Teens in Training*</b> Zack (3:30-4:30)		<b>*Teens in Training*</b> Stephanie (3:30-4:30)	W.I.C.K.E.D. Stacey Gym B		<b>*Teens in Training*</b> Zack (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	<b>*Dance Celebration*</b> Mary	Ready to Be Fit Stephannie L. Gym A		
6:30-7:30p	<b>*Discover*</b> Matt H.	<b>*Pound*</b> Rochelle Gym A	Pilates Teri	BodyPump Lee Ann	Box & Burn Donnie	<b>*Discover*</b> Stephanie S. Gym A <hr/> Core Crusher Matt H.	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 Nov 13-Dec 21, Pound runs Nov 13-Dec 18, Dance Celebration runs Oct 6-Dec 9\***