

Group Exercise Schedule January 1st-March 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				*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	Yoga Beth	Transform Rashmi (8:00-9:00)		BodySculpt 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	STRONG by Zumba@ Stephanie (9:30-10:30) <hr/> Spinning 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)		*Teens in Training* Zack (3:30-4:30)		*Teens in Training* Stephanie (3:30-4:30)	W.I.C.K.E.D. Stacey Gym B		*Teens in Training* Zack (3:30-4:30)		Zumba Shannon Gym B		
5:30-6:30p	Ready to Be Fit Matt J. <hr/> Spinning 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/> Spinning Tracey	Abs, Buns & Guns/Cardio Kickboxing Rochelle Gym A	BodySculpt Rochelle <hr/> Spinning Tracey	Zumba Emily Gym A	*Dance Celebration* Mary	Ready to Be Fit Stephannie L. Gym A		
6:30-7:30p	*Discover* Matt H.	*Pound* Rochelle Gym A	Pilates Teri	BodySculpt Lee Ann	Box & Burn Donnie	*Discover* Matt H. Gym A	Yoga Flow Amber <hr/> Core Crusher Matt H.		TLC Yoga Terry (see back)			

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 Jan 8-March 29, Teens in Training runs Jan 8-March 1, Pound runs Jan 8-Feb 26, Dance Celebration runs Jan 12-March 3