



BORDER VIEW FAMILY YMCA

GROUP EXERCISE SCHEDULE | Effective July 22, 2024



DAY	TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY	9:00-9:55 AM	ZUMBA - FF	KELLEY W.	GROUP EX
MONDAY	10:00-10:55 AM	CHAIR YOGA	KELLIE D.	GROUP EX
MONDAY	5:30-6:25 PM	HIIT	OLI	GROUP EX
MONDAY	6:30-7:25 PM	ZUMBA - FF	OLI	GROUP EX
TUESDAY	9:00-9:55 AM	STRENGTH/CARDIO - FF/YAA	CECY	GROUP EX
TUESDAY	6:30-7:25 PM	STRENGTH/CARDIO - FF	EDDIE	GROUP EX
WEDNESDAY	9:00-9:55 AM	ZUMBA - FF	KELLEY W.	GROUP EX
WEDNESDAY	10:00-10:55 AM	CHAIR YOGA	ALEX	GROUP EX
WEDNESDAY	5:30-6:15 PM	CYCLE	DIORELLA	GROUP EX
WEDNESDAY	6:30-7:25 PM	YOGA	ALEX	GROUP EX
THURSDAY	9:00-9:55 AM	STRENGTH/CARDIO - FF	KELLEY W.	GROUP EX
FRIDAY	9:00-9:55 AM	STRENGTH/CARDIO - FF	EDDIE	GROUP EX
SATURDAY	9:00 -9:55 AM	STRENGTH/CARDIO - FF	OLI	GROUP EX
SATURDAY	10:00-10:55 AM	ZUMBA - FF	OLI	GROUP EX

FF - Family Friend | YAA -Suitable for Older Adults



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