

GROUP EXERCISE SCHEDULE - Jan 2022

AM

MONDAY

EXERCISE LITE
7:00 AM - 7:55 AM
Patty R.

AQUA FIT
8:10 AM - 9:00 AM
Claire B.

CARDIO SCULPT
9:00 AM - 9:55 AM
Michelle S.

GENTLE YOGA
10:00 AM - 10:55 AM
Nancy

DANCE/COUNTRY
10:00 AM - 10:55 AM
Cappie

AQUA FIT
11:00 AM - 11:50 AM
Christine S.

TUESDAY

AQUA FIT
8:10 AM - 9:00 AM
Michelle S.

CYCLING
8:30 AM - 9:15 AM
Bob

STEP
9:00 AM - 9:55 AM
Cappie

STRENGTH
10:05 AM - 11:00 AM
Cappie

WEDNESDAY

CYCLING
6:30 AM - 7:15 AM
Judy W.

EXERCISE LITE
7:00 AM - 7:55 AM
Patty R.

AQUA DEEP
8:10 AM - 9:00 AM
Susana

HIIT
9:30 AM - 10:15 AM
Jeremy

PILATES
10:00 AM - 10:55 AM
Maggie P.

FOREVER FIT
10:30 AM - 11:25 AM
Christine S.

THURSDAY

BODYPUMP
6:30 AM - 7:25 AM

AQUA FIT
8:10 AM - 9:00 AM
Claire B.

CYCLING
8:30 AM - 9:15 AM
Bob

STRENGTH
9:00 AM - 9:55 AM
Joanna

CARDIO SCULPT
10:05 AM - 11:00 AM
Michelle S.

FRIDAY

CYCLING
6:30 AM - 7:15 AM
Sam

BARRE
8:30 AM - 9:25 AM
Joanna

VINYASA YOGA
9:30 AM - 10:25 AM
Cappie

FOREVER FIT
10:30 AM - 11:25 AM
Christine S.

AQUA FIT
11:00 AM - 11:50 AM
Delia

SATURDAY

ZUMBA
8:30 AM - 9:25 AM
Ashley C.

CYCLING
8:30 AM - 9:15 AM
Bob

AQUA FIT
9:15 AM - 10:05 AM
Claire B.

STRENGTH
9:45 AM - 10:40 AM
Alex

BODYPUMP
11:00 AM - 11:55 AM
Stef

SUNDAY

CYCLING
8:30 AM - 9:15 AM
Sam

BODYCOMBAT
8:45 AM - 9:40 AM
Jessica D.

NIA
10:00 AM - 10:55 AM
Joy

HATHA YOGA
10:30 AM - 11:25 AM
Nancy



GROUP EXERCISE SCHEDULE - Jan 2022

PM

MONDAY

BODYPUMP

12:00 PM - 12:55 PM

Stef

VINYASA YOGA

5:30 PM - 6:25 PM

Melinda

STRENGTH

5:30 PM - 6:25 PM

Alex

ZUMBA

6:35 PM - 7:30 PM

Ashley C.

TUESDAY

HATHA YOGA

12:00 PM - 12:55 PM

Valerie

BODYPUMP

5:45 PM - 6:40 PM

Lena

WEDNESDAY

BODYPUMP

12:00 PM - 12:55 PM

Jessica D.

VINYASA YOGA

5:30 PM - 6:25 PM

Melinda

STRENGTH/CIRCUIT

6:00 PM - 6:55 PM

THURSDAY

HATHA YOGA

12:00 PM - 12:55 PM

Valerie

BODYCOMBAT

5:45 PM - 6:40 PM

Jessica D.

FRIDAY

BODYPUMP

12:00 PM - 12:55 PM

Sylvia

SATURDAY

SUNDAY

ROOMS:

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DAN MCKINNEY FAMILY YMCA

