



GROUP FITNESS SCHEDULE

SUMMER SHUTDOWN: AUGUST 21 - SEPTEMBER 3, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:00 AM - 6:55 AM TOM - STUDIO 2 **8/21 ONLY**	LES MILLS GRIT 5:30 AM - 6:00 AM DARLENE - STUDIO 2	INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2	LES MILLS GRIT 5:30 AM - 6:00 AM DARLENE - STUDIO 2	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1	CYCLING* 7:30 AM - 8:25 AM TOM - STUDIO 2	CYCLING* 8:15 AM - 9:10 AM STACEY - STUDIO 2
INTERVAL BLAST 7:00 AM - 7:55 AM LAUREN - STUDIO 2	PILATES MAT 7:00 AM - 7:55 AM LAUREN - STUDIO 1	GENTLE RESTORATIVE YOGA 8:00 AM - 8:55 AM HEATHER N. - STUDIO 1	LES MILLS BODY PUMP* 8:15 AM - 9:10 AM JUDY - STUDIO 2	CYCLING* 9:30 AM - 10:25 AM JUDY - STUDIO 2	STEP & ABS* 8:30 AM - 9:25 AM MAUREEN - STUDIO 2	BELLY DANCING* 11:45 AM - 12:40 PM ERYKA - STUDIO 2
YOGA 101* 10:30 AM - 11:25 AM LISSA - STUDIO 1	LES MILLS BODY PUMP* 8:15 AM - 9:10 AM JUDY - STUDIO 2	CYCLE HIIT 8:00 AM - 8:35 AM JUDY - STUDIO 2	YOGA 9:30 - 10:25 AM CHERIE - STUDIO 1 **8/24 ONLY**	SAMBA BELLY FITNESS* 10:30 AM - 11:25 AM ERYKA - STUDIO 1 **9/1 ONLY**	ZUMBA* 11:15 AM - 12:10 PM ERYKA - STUDIO 2 **9/2 ONLY**	**9/3 ONLY**
ZUMBA GOLD 12:00 PM - 12:45 PM CHRISTINE - STUDIO 2	BOOTY BARRE* 10:30 AM - 11:25 AM JODI - STUDIO 1	HIIT 9:25 AM - 10:20 AM JUDY - STUDIO 2	CYCLING 9:30 AM - 10:25 AM MARILYN - STUDIO 2 **8/24 ONLY**	LES MILLS BODY PUMP* 10:30 AM - 11:25 AM Judy - STUDIO 2		
ZUMBA TONING* 5:00 PM - 5:55 PM CHRISTINE - STUDIO 2	CHAIR YOGA 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	YOGA 201 9:30 AM - 10:25 AM CHERIE - STUDIO 1 **8/23 ONLY**	FLEX AND SCULPT 10:30 AM - 11:25 AM LISSA - STUDIO 1	SENIOR FITNESS 11:00-11:45 AM ANGELA - GYMNASIUM **9/1 ONLY**		
LES MILLS GRIT* 7:00 PM - 7:30 PM MARILYN - STUDIO 2 **8/21 ONLY**	ARTHRITIS	BELLY DANCING* 10:30 AM - 11:25 AM ERYKA - STUDIO 1	CHAIR YOGA 11:30 AM - 12:25 PM HEATHER N - STUDIO 1	SENIOR FITNESS PLUS 12:00-12:45 AM ANGELA - STUDIO 2 **9/1 ONLY**		
LES MILLS BODY PUMP* 7:35 PM - 8:30 PM MARILYN - STUDIO 2 **8/21 ONLY**	FOUNDATION FITNESS 12:30 PM - 1:25 PM SONYA - STUDIO 1 **8/29 ONLY**	MEDITATION & RELAXATION 5:00-5:55 PM LISSA - STUDIO 1	Lean Mean Senior Machine 2:00 PM - 2:45 PM MARILYN - STUDIO 2 **8/31 ONLY**			
	LES MILLS BODY PUMP* 5:00 PM - 5:55 PM TAMARA - STUDIO 2	CORE CYCLE* 5:45 PM - 6:40 PM JUDY - STUDIO 2	STEP AND PUMP* 7:00 PM - 7:55 PM MAUREEN - STUDIO 2 **8/31 ONLY**			
	ZUMBA* 6:00 PM - 6:55 PM ALETA - STUDIO 2 **8/22 ONLY**	YOGA* 6:00 PM - 7:10 PM LISSA - STUDIO 1				
	STEP & PUMP* 7:00 PM - 7:55 PM MAUREEN - STUDIO 2					

Some friendly reminders:

For your safety, please do not enter a class that is in progress.

Sign-in sheets are located in the main level to reserve your space in a class.

Teens ages 14-17 may participate in classes marked with a *.

Classes, times and instructors may change at any time.

Updated schedules can be found on our Website at www.cymca.org or on our App at The Community YMCA.

Classes are subject to cancellation if participation averages less than 10 per class.

Please use lockers located in hallway to store belongings.

