

# YMCA GROUP EXERCISE SCHEDULE

## APRIL 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> 5:30 am Circuit Training 5:30 am Cycling** 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba 5:30 pm Cycling**	<b>3</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Cardio Dance 5:30 pm Body Sculpting	<b>4</b> 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step & Sculpt 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**	<b>5</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Strength & Stretch 6:30 pm Power Yoga	<b>6</b> 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am Zumba 9:30 am Talk n' Tone	<b>7</b> 8:15 am Zumba	<b>8</b>
<b>9</b> 5:30 am Circuit Training 5:30 am Cycling** 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 9:30 am Yoga 5:20 pm Zumba 5:30 pm Cycling**	<b>10</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Cardio Dance 5:30 pm Body Sculpting	<b>11</b> 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Boxing Intervals**	<b>12</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Strength & Stretch	<b>13</b> 5:30 am Cross Fitness Camp** 5:45 am Yoga with Weights** 8:15 am Cardio Pilates 9:30 am Talk n' Tone	<b>14</b> <b>INDOOR TRIATHLON</b> Swim - 10 minutes Bike - 30 minutes Run - 20 minutes First heat starts at 7 am. Register by April 7 to save your spot! Y Member: \$10 Participant: \$15	<b>15</b>
<b>16</b> 5:30 am Circuit Training 5:30 am Cycling** 8:15 am Cardio Pilates 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba 5:30 pm Cycling**	<b>17</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Cardio Dance 5:30 pm Body Sculpting	<b>18</b> 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step & Sculpt 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**	<b>19</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Strength & Stretch 6:30 pm Power Yoga	<b>20</b> 5:30 am Cross Fitness Camp** 5:45 am Cardio Pilates** 8:15 am Zumba 9:30 am Talk n' Tone	<b>21</b> 8:15 am HIIT** 9:15 am Zumba**	<b>22</b>
<b>23</b> 5:30 am Circuit Training 5:30 am Cycling** 8:15 am Boxing Intervals 9:30 am Talk n' Tone 9:30 am Yoga 5:20 pm Zumba 5:30 pm Cycling**	<b>24</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Cardio Dance 5:30 pm Body Sculpting	<b>25</b> 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Boxing Intervals**	<b>26</b> 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Strength & Stretch	<b>27</b> 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am HIIT 9:30 am Talk n' Tone	<b>28</b> 8:15 am 3,2,1 Fitness Blend** 9:30 am Ab Blast*	<b>29</b>
<b>30</b> 5:30 am Circuit Training 5:30 am Cycling** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone 5:20 pm Zumba 5:30 pm Cycling**					<b>ALL CLASSES ARE 60 MINUTES UNLESS NOTED:</b> * = 30 MINUTE CLASS ** = 45 MINUTE CLASS	

# GROUP EXERCISE INSTRUCTORS

Alen J - Cycling

Ann K - Power Yoga

Ann S - Energizing Intervals

Helen B - Body Sculpting/Strength & Stretch

Jessica L - Cycling

Kathy R - Chair Chi/Chair Yoga/Gentle Yoga/Yoga

Lisa L - Body Sculpting

Lisa M - Cardio Dance

Lizz D - 3,2,1 Fitness Blend/Ab Blast

Mary B - 30/30

Mary R - Body Sculpting/Bootcamp Basics/Boxing Intervals/Cycling/Strength & Stretch

Melissa C - 20-20-20/Boxing Intervals/Cardio Conditioning/Cardio Pilates/Classic Step & Sculpt/Suspension Strap Intervals/  
Talk n' Tone

Molly M - 3,2,1 Fitness Blend/Cardio Pilates/Circuit Training/Cycling/Energizing Intervals/Yoga Bootcamp/Yoga Flow/  
Yoga with Weights

Phil J - Yoga

Rachel C - HIIT/Talk n' Tone/Zumba

Riya T - Zumba

Shannon R - Cross Fitness Camp

## GROUP EXERCISE FEES

### Y-MEMBERS

Monthly Unlimited Pass = \$20

Group Ex Flex Card = \$39

One Class Drop-in Pass = \$3.25

### NON-MEMBERS

Monthly Unlimited Pass = n/a

Group Ex Flex Card = \$78

One Class Drop-in Pass = \$6.50

All classes are first-come, first-serve!