

YMCA GROUP EXERCISE SCHEDULE

AUGUST 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am HIIT 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Bootcamp	2 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	3 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am Zumba 9:30 am Talk n' Tone	4 8:15 am Cycling	5
6 5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	7 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	8 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Barre Strength	9 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	10 5:30 am Cross Fitness Camp** 5:45 am Stability Ball Toning** 8:15 am Classic Step & Sculpt 9:30 am Talk n' Tone	11 8:15 am Zumba OUTDOOR YOGA & BRUNCH 8:30-11:30 am Register to save your spot! Y Member: \$15 Participant: \$20	12
13 5:30 am Energizing Intervals 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	14 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am HIIT 5:30 pm Strength Training	15 5:30 am Energizing Intervals 8:15 am Classic Step & Sculpt 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Boxing	16 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	17 5:30 am Cross Fitness Camp** 5:45 am Cardio Pilates** 8:15 am Zumba 9:30 am Talk n' Tone	18 8:15 am 20/20/20	19
20 5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	21 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	22 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Bootcamp	23 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	24 5:30 am Cross Fitness Camp** 5:45 am Yoga Toning** 8:15 am HIIT 9:30 am Talk n' Tone	25 8:15 am Bosu Ball Intervals	26
27 5:30 am Energizing Intervals 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	28 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	29 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Class Step & Sculpt 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Barre Strength	30 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	31 5:30 am Cross Fitness Camp** 8:15 am Bosu Ball Intervals 9:30 am Talk n' Tone	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS	

GROUP EXERCISE INSTRUCTORS

Amy B - 3,2,1 Fitness Blend/Talk n' Tone

Ann K - Strength & Stretch

Amy N - Cycling

Ann S - Energizing Intervals

Ashley D - Strength & Stretch

Helen B - Strength & Stretch/Strength Training

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

Lizz D - 3,2,1 Fitness Blend/Suspension Strap Intervals

Mary B - 30/30

Mary R - Wednesday Sampler

Melissa C - 20-20-20/3,2,1 Fitness Blend/Bosu Bootcamp/Boxing Intervals/Cardio Conditioning/HIIT/Suspension Strap Intervals/Talk n' Tone

Molly M - Bosu Ball Intervals/Cardio Conditioning/Cardio Pilates/Cycling/Stability Ball Toning/Yoga Bootcamp/Yoga Flow/Yoga Toning

Riya T - Zumba

Sara A - Cardio Conditioning

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!

