

YMCA GROUP EXERCISE SCHEDULE

AUGUST 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am 3,2,1 Fitness Blend 9:30 am Ab Blast* 9:30 am Zumba 5:30 pm Body Sculpting	2 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 & Boxing	3 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Body Sculpting	4 5:30 am Boxing Intervals** 8:15 am Bosu Ball Training 9:30 am Talk n' Tone	5 8:15 am Ballet Toning 9:30 am Family Bootcamp*
7 5:30 am Energizing Intervals 8:15 am Cardio Pilates 8:30 am Cycling** 9:30 am Talk n' Tone** 5:20 pm Zumba	8 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Pilates Express* 9:30 am Zumba** 5:30 pm Body Sculpting	9 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 Cycle & Pump	10 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am 3,2,1 Fitness Blend** 4:30 pm Yoga Bootcamp** 5:30 pm Body Sculpting	11 5:30 am Suspension Strap Intervals** 8:15 am Zumba 9:30 am Talk n' Tone	12 8:15 am Bollywood Zumba
14 5:30 am RIPPED 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Strength Intervals** 6:30 pm Outdoor Yoga @ Hamus Park	15 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am 3,2,1 Fitness Blend 9:30 am Ab Blast* 9:30 am Zumba 5:20 pm Zumba 5:30 pm Body Sculpting	16 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 & Boxing	17 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Body Sculpting	18 5:30 am Yoga Bootcamp** 8:15 am Zumba 9:30 am Talk n' Tone	19 8:15am Strength Intervals
21 5:30 am RIPPED 8:15 am Cardio Pilates 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Strength Intervals** 6:30 pm Outdoor Yoga @ Hamus Park	22 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Pilates Express* 9:30 am Zumba 5:30 pm Body Sculpting 5:20 pm Zumba	23 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 Cycle & Pump	24 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 4:30 pm Yoga Bootcamp** 5:30 pm Body Sculpting	25 5:30 am Gym Intervals** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone	26 8:15 am Muscle Fusion
28 5:30 am RIPPED 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Strength Intervals**	29 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting 5:20 pm Zumba	30 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 & Boxing	31 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Muscle Fusion	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS NO CLASSES ON SUNDAYS.	

GROUP EXERCISE INSTRUCTORS

Amy B - Classic Step & Tone/Talk n Tone

Ann K - Cycling/Outdoor Yoga at Hamus Nature Preserve (rain location at the Y)/Strength Intervals

Ashley D - Muscle Fusion

Helen B - Body Sculpting

Jessica L - Cycling

Kathy R - Yoga/Chair Yoga/Gentle Yoga

Lisa M - Zumba

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

Mary B - 30/30

Mary R - Bootcamp & Boxing/Cycle & Pump

**Melissa C - 20-20-20/Bosu Ball Training/Ballet Toning/Cardio Pilates/Classic Step & Sculpting/Family Bootcamp/
Suspension Strap Intervals/Talk n' Tone**

**Molly M - Boxing Intervals/Cardio Conditioning/Cycling/Energizing Intervals/Gym Intervals/Pilates Express/Strength Intervals/
Yoga Bootcamp/ Yoga Flow**

Riya T - Bollywood Zumba/Zumba

Sara A - RIPPED

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!