

YMCA GROUP EXERCISE SCHEDULE

DECEMBER 2017



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| <p>ALL CLASSES ARE 60 MINUTES UNLESS NOTED:</p> <p>* = 30 MINUTE CLASS ** = 45 MINUTE CLASS</p> | | | | <p>1</p> <p>5:30 am Cross Fitness Camp** 8:15 am Zumba 9:30 am Talk n' Tone</p> | <p>2</p> <p>8:15 am Family Nutcracker Workout</p> | <p>3</p> |
| <p>4</p> <p>5:30 am Energizing Intervals 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 6:15 pm Yoga Flow</p> | <p>5</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am Pedal & Pump** 9:30 am Zumba 4:30 pm Pedal & Pump** 5:30 pm Body Sculpting</p> | <p>6</p> <p>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 Muscle Fusion 6:45 pm Cardio Boxing**</p> | <p>7</p> <p>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 Total Body Intervals</p> | <p>8</p> <p>5:30 am Cross Fitness Camp** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone</p> | <p>9</p> <p>8:15 am HIIT</p> | <p>10</p> <p>10:30 am Sunday Stretch</p> |
| <p>11</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba 5:30 pm Cycling 6:15 pm Yoga Flow</p> | <p>12</p> <p>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</p> | <p>13</p> <p>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 9:30 pm Muscle Fusion 6:45 pm Cardio Boxing**</p> | <p>14</p> <p>5:30 am Cardio Conditioning** 8:15 am Yoga Flow 8:15 am 30/30 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Total Body Intervals</p> | <p>15</p> <p>5:30 am Cross Fitness Camp** 8:15 am Zumba 9:30 am Talk n' Tone</p> | <p>16</p> <p>HOLIDAY ZUMBA With Lisa M. and Riya T. 8:15-9:45 am In the spirit of the Holidays, a donation of a toy for a child in need, or a goodwill donation to the YMCA Annual Campaign is suggested to participants in this 90 minute class!</p> | <p>17</p> <p>10:30 am Sunday Stretch</p> |
| <p>18</p> <p>5:30 am Energizing Intervals 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 6:15 pm Yoga Flow</p> | <p>19</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am Pedal & Pump** 9:30 am Zumba 4:30 pm Pedal & Pump** 5:30 pm Body Sculpting</p> | <p>20</p> <p>5:30 am Energizing Intervals 8:15 am Classic Step & Sculpt 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Muscle Fusion 7:00 pm Nutcracker Workout</p> | <p>21</p> <p>5:30 am Cardio Conditioning** 8:15 am Yoga Flow 8:15 am 30/30 9:30 am 3,2,1 Fitness Blend 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Total Body Intervals</p> | <p>22</p> <p>5:30 am Cross Fitness Camp** 8:15 am HIIT 9:30 am Talk n' Tone</p> | <p>23</p> <p>8:15 am Yoga Flow 9:15 am Total Body Intervals</p> | <p>24</p> |
| <p>25</p> <p>CLOSED CHRISTMAS DAY</p> | <p>26</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 9:30 am Zumba 5:30 pm Body Sculpting</p> | <p>27</p> <p>5:30 am Energizing Intervals 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Muscle Fusion 6:45 pm Cardio Boxing**</p> | <p>28</p> <p>5:30 am Cardio Conditioning** 8:15 am Yoga Flow 8:15 am 30/30 9:30 am Zumba 5:30 pm Zumba</p> | <p>29</p> <p>5:30 am Cross Fitness Camp** 8:15 am Boxing Intervals 9:30 am Talk n' Tone</p> | <p>30</p> <p>8:15 am Cardio Pilates</p> | <p>31</p> |

GROUP EXERCISE INSTRUCTORS

Amy B - Talk n' Tone

Ann K - Yoga Flow

Ashley D - Cardio Pilates, HIIT

Helen B - Body Sculpting/Sunday Stretch/Total Body Intervals

Jessica L - Cross Fitness Camp/Cycling

Kathy R - Yoga/Chair Yoga/Gentle Yoga

Lisa L. - Nutcracker Workout

Lisa M - Zumba

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

Mary B - 30/30

Mary R - Cardio Kickboxing/Cycling/Muscle Fusion/Total Body Intervals

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

Molly M - Boxing Intervals/Cardio Conditioning/Cycling/Energizing Intervals/Talk n' Tone/Yoga Flow

Rachel C. - Pedal & Pump/Total Body Intervals

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!