

YMCA GROUP EXERCISE SCHEDULE

DECEMBER 2018

FEATURED CLASS OF THE MONTH:
CYCLING
 FREE to Y-Members &
 Community Participants



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 8:15 am Nutcracker Workout</p>	<p>2</p>
<p>3</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Circuit Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:25 pm Zumba 5:30 pm Cycling</p>	<p>4</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Zumba 5:30 pm Strength Training 5:45 pm Cycling**</p>	<p>5</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cross-Training 8:15 am Cycling Express* 9:30 am Talk n' Tone 5:30 pm Bootcamp**</p>	<p>6</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 7:30 am Cycling** 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</p>	<p>7</p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga Toning** 8:15 am 20/20/20 9:30 am Talk n' Tone</p>	<p>8</p> <p>8:15 am Zumba</p>	<p>9</p>
<p>10</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Circuit Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:25 pm Zumba 5:30 pm Cycling</p>	<p>11</p> <p>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 5:45 pm Cycling**</p>	<p>12</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cross-Training 8:15 am Cycling Express* 9:30 am Talk n' Tone 5:30 pm Bootcamp**</p>	<p>13</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 Strength & Stretch</p>	<p>14</p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga Ball** 8:15 am 20/20/20 9:30 am Talk n' Tone</p>	<p>15</p> <p>8:15 am Cycling</p>	<p>16</p>
<p>17</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Circuit Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:25 pm Zumba 5:30 pm Cycling</p>	<p>18</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Zumba 5:30 pm Strength Training 5:45 pm Cycling**</p>	<p>19</p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cross-Training 8:15 am Cycling Express* 9:30 am Talk n' Tone 5:30 pm Bootcamp**</p>	<p>20</p> <p>5:30 am Cardio Conditioning** 7:30 am Cycling** 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</p>	<p>21</p> <p>5:30 am Energizing Intervals** 8:15 am 20/20/20 9:30 am Talk n' Tone</p>	<p>22</p> <p>8:15 am Bootcamp</p>	<p>23</p>
<p>24</p> <p>5:30 am Energizing Intervals 8:15 am 20/20/20 9:30 am Talk n' Tone</p>	<p>25</p> <p>CHRISTMAS DAY YMCA CLOSED</p>	<p>26</p> <p>8:15 am Cross-Training 9:30 am Talk n' Tone 5:30 pm Bootcamp**</p>	<p>27</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 9:30 am 3,2,1 Fitness Blend</p>	<p>28</p> <p>5:30 am Cross Fitness Camp** 8:15 am 20/20/20 9:30 am Ab Blast*</p>	<p>29</p> <p>7:30 am Strength Training* 8:15 am Cycling**</p>	<p>30</p>
<p>31</p> <p>5:30 am Cycling** 8:15 am Cross-Training 9:30 am Yoga Toning</p>						

GROUP EXERCISE INSTRUCTORS

THE FEATURED CLASS OF THE MONTH IS CYCLING: FREE to all Y-Members and Community Participants (first come basis)

Alen J – Cycling

Amanda E - Cycling

Amber M – Cycling Express

Amy B - 20-20-20 / 3,2,1 Fitness Blend / Cross –Training / HIIT / Talk n’ Tone

Amy N - Cycling

Ann S - Energizing Intervals

Helen B - Strength Training / Strength & Stretch

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

Lisa L - Nutcracker Workout

Mary B - 30/30

Mary R - Bootcamp / Cycling

Melissa C - 20-20-20 / 3,2,1 Fitness Blend / Cardio Conditioning / Circuit Intervals / Cross-Training / Talk n’ Tone

Molly M - 20-20-20 / Ab Blast / Cardio Conditioning / Cross-Training / Cycling / Energizing Intervals / Strength Training /Yoga Ball
Yoga Flow / Yoga Toning

Rachel - 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!

