

# YMCA GROUP EXERCISE SCHEDULE

## FEBRUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Classes highlighted in GOLD qualify for the Y Members Only "GO FOR THE GOLD" Fitness Challenge. See Member Services for details.</b></p>			<p><b>1</b></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 Zumba**</p>	<p><b>2</b></p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga Flow** 8:15 am Zumba 9:30 am Talk n' Tone</p>	<p><b>3</b></p> <p>8:15 am Zumba</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>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** 6:30 pm Strength 101*</p>	<p><b>6</b></p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting</p>	<p><b>7</b></p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step &amp; Sculpt 8:30 am Cycling** 9:30 am Ab Blast* 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**</p>	<p><b>8</b></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 Suspension Strap Intervals**</p>	<p><b>9</b></p> <p>5:30 am Cross Fitness Camp** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone</p>	<p><b>10</b></p> <p>8:15 am HIIT** 9:15 am Essential Pilates*</p>	<p><b>11</b></p> <p>9:00 am Sunday Stretch</p>
<p><b>12</b></p> <p>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 5:20 pm Zumba 5:30 pm Cycling** 6:30 pm Strength 101*</p>	<p><b>13</b></p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting 6:30 pm Yoga Flow</p>	<p><b>14</b></p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Ab Blast* 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**</p>	<p><b>15</b></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 Suspension Strap Intervals**</p>	<p><b>16</b></p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga Flow** 8:15 am Zumba 9:30 am Talk n' Tone</p>	<p><b>17</b></p> <p>7:30 am Cycling Express* 8:15 am Yoga with Weights**</p>	<p><b>18</b></p> <p>10:30 am Zumba</p>
<p><b>19</b></p> <p>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** 6:30 pm Strength 101*</p>	<p><b>20</b></p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting 6:30 pm Yoga Flow</p>	<p><b>21</b></p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step &amp; Sculpt 8:30 am Cycling** 9:30 am Ab Blast* 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**</p>	<p><b>22</b></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 Zumba**</p>	<p><b>23</b></p> <p>5:30 am Cross Fitness Camp** 8:15 am HIIT 9:30 am Talk n' Tone</p>	<p><b>24</b></p> <p>8:15 am Muscle Fusion</p>	<p><b>25</b></p> <p>9:00 am Sunday Stretch</p>
<p><b>26</b></p> <p>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 5:20 pm Zumba 5:30 pm Cycling** 6:30 pm Strength 101*</p>	<p><b>27</b></p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting 6:30 pm Yoga Flow</p>	<p><b>28</b></p> <p>5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Ab Blast* 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**</p>			<p><b>ALL CLASSES ARE 60 MINUTES UNLESS NOTED:</b></p> <p>* = 30 MINUTE CLASS ** = 45 MINUTE CLASS</p>	

# GROUP EXERCISE INSTRUCTORS

Ann K - Yoga Flow

Ashley D - HIIT/Muscle Fusion/Essential Pilates

Helen B - Body Sculpting/Sunday Stretch

Jessica L - Cross Fitness Camp/Cycling

Kathy R - Yoga/Chair Yoga/Gentle Yoga

Lisa M - Zumba

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

Mary B - 30/30

Mary R - Body Sculpting/Bootcamp Basics/Cycling

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

Molly M - Cardio Conditioning/Circuit Training/Cycling/Cycling Express/Energizing Intervals/Talk n' Tone/Yoga Flow/  
Yoga with Weights

Rachel C - Strength 101

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!