

YMCA GROUP EXERCISE SCHEDULE

JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 NEW YEAR'S CLASSES: FREE to Members & Guests <small>(class availability on a first come basis)</small> 8:30 am Group Cycling* 9:30 am Rhythmic Strength Training*	2 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	3 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step & 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**	4 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	5 5:30 am Cross Fitness Camp** 8:15 am Zumba 9:30 am Talk n' Tone	6 8:15 am Zumba	7 10:30 am Sunday Stretch
8 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*	9 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	10 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step & 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**	11 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	12 5:30 am Cross Fitness Camp** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone	13 8:15 am HIIT 9:30 am Pedal Pump**	14 10:30 am Zumba
15 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*	16 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	17 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**	18 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	19 5:30 am Cross Fitness Camp** 8:15 am Zumba 9:30 am Talk n' Tone	20 8:15 am Classic Step** 9:15 am Cardio Pilates**	21 10:30 am Zumba
22 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*	23 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	24 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step & 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**	25 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	26 5:30 am Cross Fitness Camp** 8:15 am HIIT 9:30 am Talk n' Tone	27 7:30 am Cycling Express* 8:15 am Yoga with Weights**	28 10:30 am Sunday Stretch
29 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*	30 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	31 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**			ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS	

GROUP EXERCISE INSTRUCTORS

Ann K - Body Sculpting/Yoga Flow

Ashley D - HIIT

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

Jessica L - Cycling

Kathy R - Yoga/Chair Yoga/Gentle Yoga

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 - Bootcamp Basics/Cycling

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

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

Rachel C. - Strength 101/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!