

YMCA GROUP EXERCISE SCHEDULE

JANUARY 2019

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 NEW YEAR'S CLASSES: FREE to Members & Guests (class availability on a first come basis) 8:30 am Group Cycling** 9:30 am Endurance Strength Training*	2 5:30 am Energizing Intervals 8:15 am Cross-Fitness 9:30 am Talk n' Tone 5:30 pm Bootcamp**	3 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**	4 5:30 am Cross Fitness Camp** 8:15 am 20/20/20 9:30 am Talk n' Tone	5 8:15 am Zumba	6
7 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	8 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**	9 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cycling* 8:15 am Classic Step 9:30 am Talk n' Tone 4:15 pm Yoga Bootcamp** 5:20 pm Cardio Conditioning**	10 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**	11 5:30 am Cross Fitness Camp** 8:15 am 20/20/20 9:30 am Talk n' Tone	12 8:15 am Cardio Conditioning**	13
14 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	15 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**	16 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cycling* 8:15 am Classic Step 9:30 am Talk n' Tone 4:15 pm Yoga Bootcamp** 5:20 pm Cardio Conditioning**	17 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**	18 5:30 am Cross Fitness Camp** 5:45 am Yoga Ball** 8:15 am Zumba 9:30 am Talk n' Tone	19 8:15 am Cycling** 9:30 am HIIT**	20
21 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	22 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**	23 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cycling* 8:15 am Classic Step 9:30 am Talk n' Tone 4:15 pm Yoga Bootcamp** 5:20 pm Cardio Conditioning**	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 5:30 pm Strength & Stretch**	25 5:30 am Cross Fitness Camp** 5:45 am Yoga Toning** 8:15 am 20/20/20 9:30 am Talk n' Tone	26 8:15 am 3,2,1 Fitness Blend** 9:15 am Ab Blast*	27
28 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	29 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**	30 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Cycling* 8:15 am Classic Step 9:30 am Talk n' Tone 4:15 pm Yoga Bootcamp** 5:20 pm Cardio Conditioning**	31 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**	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS		

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GROUP EXERCISE INSTRUCTORS

Alen J – Cycling

Amanda E - Cycling

Amber M – Cycling

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

Amy N - Cycling

Ann S - Energizing Intervals / Strength Training / Strength & Stretch

Helen B - Strength Training / Strength & Stretch

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

Lisa L - Talk n' Tone

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

Mary B - 30/30

Mary R - Cycling

Melissa C - 20-20-20 / 3,2,1 Fitness Blend / Cardio Conditioning / Circuit Intervals / Classic Step / Cross-Training / Strength & Stretch / Talk n' Tone

Molly M - 20-20-20 / Cardio Conditioning / HIIT / Cycling / Talk n' Tone / Yoga Ball / Yoga Bootcamp / Yoga Flow / Yoga Toning

Phil J - Chair Yoga / Gentle Yoga

Rachel C - HIIT / 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!

