

YMCA GROUP EXERCISE SCHEDULE

JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 5:30 am Energizing Intervals 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	3 YMCA CLOSED 5 AM-9 PM DUE TO FACILITY ELECTRICAL UPGRADES	4 INDEPENDENCE DAY THE Y IS OPEN 8 AM - NOON (no classes scheduled)	5 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	6 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am Zumba 9:30 am Talk n' Tone	7 8:15 am 20/20/20	8
9 5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	10 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Suspension Strap Intervals 5:30 pm Strength Training	11 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Suspension Straps	12 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	13 5:30 am Cross Fitness Camp** 5:45 am Suspension Strap & Stretch** 8:15 am 3,2,1 Fitness Blend 9:30 am Talk n' Tone	14 8:15 am Cycling**	15
16 5:30 am Energizing Intervals 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	17 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi* 9:30 am 3,2,1 Fitness Blend 5:30 pm Strength Training	18 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 Wednesday Sampler: Boxing	19 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	20 5:30 am Cross Fitness Camp** 8:15 am Zumba 9:30 am Talk n' Tone	21 8:15 am Suspension Strap Intervals 9:30 am Cardio Boxing	22
23 5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	24 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Suspension Strap Intervals 5:30 pm Strength Training	25 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Barre Strength	26 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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch	27 5:30 am Cross Fitness Camp** 5:45 am Cardio Pilates** 8:15 am HIIT 9:30 am Talk n' Tone	28 8:15 am HIIT** 9:15 am Essential Pilates*	29
30 5:30 am Energizing Intervals 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	31 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am 3,2,1 Fitness Blend 5:30 pm Strength Training				ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS	

GROUP EXERCISE INSTRUCTORS

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

Amy N - Cycling

Ann S - Cardio Conditioning/Cross Fitness Camp/Energizing Intervals

Ashley D - HIIT/Essential Pilates

Helen B - Strength & Stretch/Strength Training

Jessica L - Cycling

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

Lizz D - 3,2,1 Fitness Blend/Cycling/Suspension Strap Intervals

Mary B - 30/30

Mary R - Wednesday Sampler/Strength & Stretch/Strength Training

Melissa C - 20-20-20/3,2,1 Fitness Blend/Boxing Intervals/Cardio Conditioning/HiIT/Suspension Strap Intervals Strength Training/Talk n' Tone

Molly M - Cardio Conditioning/Cardio Pilates/Cycling/Energizing Intervals/Strength & Stretch/Suspension Strap & Stretch Yoga Bootcamp/Yoga Flow

Rachel C - Cardio Boxing

Riya T - Zumba

Sara A - Cardio Conditioning

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!

