

YMCA GROUP EXERCISE SCHEDULE

JUNE 2018



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</p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am Cardio Boxing 9:30 am Talk n' Tone</p> <p>CHEESE CHASE YOGA FOR RUNNERS 4:15 & 5:15 pm</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>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</p>	<p>5</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 Body Sculpting</p>	<p>6</p> <p>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</p>	<p>7</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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch</p>	<p>8</p> <p>5:30 am Cross Fitness Camp** 5:45 am Suspension Strap & Stretch** 8:15 am Zumba 9:30 am Talk n' Tone</p>	<p>9</p> <p>8:15 am HIIT** 9:15 am Essential Pilates*</p>	<p>10</p>
<p>11</p> <p>5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Cardio Pilates</p>	<p>12</p> <p>5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi* 9:30 am 20/20/20 5:30 pm Body Sculpting</p>	<p>13</p> <p>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</p>	<p>14</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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch</p>	<p>15</p> <p>5:30 am Cross Fitness Camp** 5:45 am Yoga with Weights** 8:15 am Bootcamp Basics 9:30 am Talk n' Tone</p>	<p>16</p> <p>8:15 am 20/20/20</p>	<p>17</p>
<p>18</p> <p>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</p>	<p>19</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 Body Sculpting</p>	<p>20</p> <p>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</p>	<p>21</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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch</p>	<p>22</p> <p>5:30 am Cross Fitness Camp** 5:45 am Cardio Pilates** 8:15 am Zumba 9:30 am Talk n' Tone</p>	<p>23</p> <p>7:30 am Cycling**</p> <p>OUTDOOR YOGA & BRUNCH 8:30-11:30 am Register to save your spot! Y Member: \$15 Participant: \$20</p>	<p>24</p>
<p>25</p> <p>5:30 am Energizing Intervals 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba</p>	<p>26</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 Body Sculpting</p>	<p>27</p> <p>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: Stability Ball</p>	<p>28</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** 10:30 am Gentle Yoga** 5:30 pm Strength & Stretch</p>	<p>29</p> <p>5:30 am Cross Fitness Camp** 5:45 am Stability Ball Toning** 8:15 am 20/20/20 9:30 am Talk n' Tone</p>	<p>30</p> <p>8:15 am Zumba</p>	

GROUP EXERCISE INSTRUCTORS

Alen J - Cycling

Amy N - Cycling

Amy B - 3,2,1 Fitness Blend

Ann S - Energizing Intervals

Ashley D - HIIT/Essential Pilates

Helen B - Body Sculpting/Strength & Stretch

Jessica L - Cycling

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

Mary B - 30/30

Mary R - Body Sculpting/Wednesday Sampler

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

Molly M - Cardio Conditioning/Cardio Pilates/Cycling/Energizing Intervals/Stability Ball Toning/Suspension Strap & Stretch

Talk n' Tone/Yoga Bootcamp/Yoga Flow/Yoga with Weights

Rachel C - Cardio Boxing

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!

