

YMCA GROUP EXERCISE SCHEDULE

MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi* 9:30 am Cardio Dance 5:30 pm Body Sculpting	2 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 Bootcamp Basics** 6:30 pm Cycling**	3 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	4 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am Zumba 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 Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 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 Cardio Dance 5:30 pm Body Sculpting	9 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**	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** 5:45 am Suspension Strap & Stretch** 8:15 am 3,2,1 Fitness Blend 9:30 am Talk n' Tone	12 8:15 am Cycling** 9:15 am 3,2,1 Fitness Blend	13
14 5:30 am Energizing Intervals 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**	15 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi* 9:30 am Cardio Dance 5:30 pm Body Sculpting	16 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 Bootcamp Basics** 6:30 pm Cycling**	17 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	18 5:30 am Cross Fitness Camp** 5:45 am Yoga with Weights** 8:15 am Zumba 9:30 am Talk n' Tone	19 8:15 am HIIT** 9:15 am Essential Pilates*	20
21 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Zumba	22 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Cardio Dance 5:30 pm Body Sculpting	23 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Bootcamp Basics** 6:30 pm Cycling**	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 Cardio Pilates** 8:15 am HIIT 9:30 am Talk n' Tone	26 8:15 am Cardio Pilates	27
28 MEMORIAL DAY The Y will be Open 8 am-Noon	29 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am Cardio Dance 5:30 pm Body Sculpting	30 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 Bootcamp Basics** 6:30 pm Cycling**	31 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	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS		

GROUP EXERCISE INSTRUCTORS

Amy N - Cycling

Amy B - 3,2,1, Fitness Blend

Ann S - Body Sculpting/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

Lisa M - Cardio Dance

Lizz D - 3,2,1 Fitness Blend

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/Strength & Stretch/
Suspension Strap Intervals/ Talk n' Tone

Molly M - Cardio Pilates/Cycling/Energizing Intervals/Suspension Strap & Stretch/Talk n' Tone/Yoga Bootcamp/Yoga Flow/
Yoga with Weights

Phil J - Chair Yoga/Gentle Yoga

Rachel C - HIIT/Talk n' Tone

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!

