

YMCA GROUP EXERCISE SCHEDULE

NOVEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 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 Muscle Fusion 6:45 pm Cardio Boxing**	2 5:30 am Cardio Conditioning** 8:15 am Yoga Flow 8:15 am 30/30 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Total Body Intervals	3 5:30 am Cross Fitness Camp** 5:30 am Yoga Bootcamp** 8:15 am Zumba 9:30 am Talk n' Tone	4 8:15 am 3,2,1 Fitness Blend 9:30 am Cycling Express*	
6 5:30 am RIPPED 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 6:15 pm Yoga Flow	7 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am Pedal & Pump** 9:30 am Zumba 5:30 pm Body Sculpting	8 5:30 am Cross Fitness Camp** 5:30 am Cycling** 8:15 am Classic Step & Sculpt 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Muscle Fusion 6:45 pm Cardio Boxing**	9 5:30 am RIPPED** 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	10 5:30 am Cross Fitness Camp** 5:30 am Suspension Strap Intervals** 8:15 am HIIT 9:30 am Talk n' Tone	11 7:30 am Cycling Express* 8:15 am HIIT	12 10:30 am Sunday Stretch
13 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 6:15 pm Yoga Flow	14 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am 3,2,1 Fitness Blend 9:30 am Ab Blast* 9:30 am Zumba 5:30 pm Body Sculpting	15 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 Muscle Fusion 6:45 pm Cardio Boxing**	16 5:30 am Cardio Conditioning** 8:15 am Yoga Flow 8:15 am 30/30 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Total Body Intervals	17 5:30 am Cross Fitness Camp** 5:30 am Pedal & Pump** 8:15 am Zumba 9:30 am Talk n' Tone	18 8:15 am Cardio Pilates	19
20 5:30 am RIPPED 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	21 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am Pedal & Pump** 9:30 am Zumba 5:30 pm Body Sculpting	22 5:30 am Energizing Intervals 8:15 am Classic Step & Sculpt 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Muscle Fusion	23 Thanksgiving Day The Y is Open 8-Noon Festival Foods Turkey Trot at 8 am	24 8:15 am Post Thanksgiving Bootcamp 90-minutes of easy to follow, intense cardio intervals, followed by a total resistance training workout and lots of core work	25 8:15 am 20/20/20	26 10:30 am Sunday Stretch
27 5:30 am RIPPED 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 6:15 pm Yoga Flow	28 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 8:30 am 3,2,1 Fitness Blend 9:30 am Ab Blast* 9:30 am Zumba 5:30 pm Body Sculpting	29 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 Muscle Fusion 6:45 pm Cardio Boxing**	30 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	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS		

GROUP EXERCISE INSTRUCTORS

Amy B - Talk n' Tone

Ann K - Yoga Flow

Ashley D - Cardio Pilates

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/Cycling Express/Suspension Strap Intervals/Talk n' Tone/Yoga Bootcamp

Mary B - 30/30

Mary R - Cardio Kickboxing/Cycling/Muscle Fusion/Total Body Intervals

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

Molly M - Cardio Conditioning/Cycling/Cycling Express/Energizing Intervals/HiIT/Pedal & Pump/Suspension Strap Intervals/Yoga Bootcamp/Yoga Flow

Riya T - Zumba

Sara A - RIPPED

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!