

YMCA GROUP EXERCISE SCHEDULE

OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 5:30 am RIPPED 5:30 am Cycling** 8:15 am Boxing Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 4:00 pm Yoga Flow 5:20 pm Zumba 5:30 pm Cycling	3 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	4 5:30 am Energizing Intervals 5:30 am Cycling** 7:30 am Step Express* 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:30 pm Pedal & Pump	5 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Body Sculpting	6 5:30 am Cross Fitness Camp** 5:30 am Yoga Bootcamp** 8:15 am Suspension Strap Intervals 9:30 am Talk n' Tone	7 8:15 am HITT	8 10:30 am Sunday Stretch
9 5:30 am RIPPED 5:30 am Cycling** 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 4:00 pm Yoga Flow 5:20 pm Zumba 5:30 pm Cycling	10 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting	11 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 5:20 pm Yoga 5:30 pm Bootcamp & Boxing	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 10:45 am Gentle Yoga 5:30 pm Body Sculpting	13 5:30 am Cross Fitness Camp** 5:30 am Pedal & Pump** 8:15 am Zumba 9:30 am Talk n' Tone	14 7:30 am Cycling Express* 8:15 am Yoga Bootcamp	15
16 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	17 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	18 5:30 am Energizing Intervals 5:30 am Cycling** 7:30 am Step Express* 8:15 am 20/20/20 8:30 am Cycling** 9:30 am Talk n' Tone 5:20 pm Yoga 5:30 pm Pedal & Pump	19 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga Flow 9:30 am Zumba 9:30 am Chair Yoga 10:45 am Gentle Yoga 5:30 pm Body Sculpting	20 5:30 am Cross Fitness Camp** 5:30 am Suspension Strap Intervals** 8:15 am Yoga Bootcamp 9:30 am Talk n' Tone	21 7:30 am Cross Fitness Camp** 8:15 am Boxing Intervals	22 10:30 am Sunday Stretch
23 5:30 am RIPPED 5:30 am Cycling** 8:15 am Cardio Pilates 8:30 am Cycling** 9:30 am Talk n' Tone 4:00 pm Yoga Flow 5:20 pm Zumba 5:30 pm Cycling	24 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Zumba 5:30 pm Body Sculpting	25 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 & Boxing	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 10:45 am Gentle Yoga 5:30 pm Body Sculpting	27 5:30 am Cross Fitness Camp** 5:30 am Cardio Pilates** 8:15 am Zumba 9:30 am Talk n' Tone	28 ZUMBATHON FUNDRAISING EVENT to benefit the Annual Campaign 8:15-9:45 am Y Member: \$10 Participant: \$15 FREE Aqua Zumba Preview 10:20-10:50 am	29 10:30 am Sunday Stretch
30 5:30 am RIPPED 5:30 am Cycling** 8:15 am Suspension Strap Intervals 8:30 am Cycling** 9:30 am Talk n' Tone 4:00 pm Yoga Flow 5:20 pm Zumba 5:30 pm Cycling	31 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			ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS		

GROUP EXERCISE INSTRUCTORS

Amy B - Talk n' Tone

Ann K - Bootcamp & Boxing/Yoga Flow/Cycling

Ashley D - HIIT

Helen B - Body Sculpting/Sunday Stretch

Jessica L - Cycling

Kathy R - Yoga/Chair Yoga/Gentle Yoga

Lisa M -Zumba

Lizz D - 3,2,1 Fitness Blend/Ab Blast/Cycling/Suspension Strap Intervals/Talk n' Tone/Yoga Bootcamp

Mary B - 30/30

Mary R - Body Sculpting/Bootcamp & Boxing/Cycling/Pedal & Pump

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

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

Phil J - Yoga

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!