

YMCA GROUP EXERCISE SCHEDULE

SEPTEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			ALL CLASSES ARE 60 MINUTES UNLESS NOTED: * = 30 MINUTE CLASS ** = 45 MINUTE CLASS		1	2
3 LABOR DAY THE Y WILL BE OPEN 8:00 AM TO NOON	4 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	5 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Bootcamp	6 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 Yoga Strength & Stretch	7 5:30 am Cross Fitness Camp** 5:45 am Bosu Ball Intervals** 8:15 am Zumba 9:30 am Talk n' Tone	8 8:15 am HIIT	9 10:00 am Cycling
10 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	11 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	12 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step 8:15 am Cycling Express* 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Barre Strength	13 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 Yoga Strength & Stretch	14 5:30 am Cross Fitness Camp** 5:45 am Yoga Bootcamp** 8:15 am 20/20/20 9:30 am Talk n' Tone	15 8:15 am Zumba	16
17 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	18 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	19 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Boxing	20 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 Yoga Strength & Stretch	21 5:30 am Cross Fitness Camp** 5:45 am Cardio Pilates** 8:15 am Zumba 9:30 am Talk n' Tone	22 8:15 am Cardio Boxing** 9:15 am Zumba**	23 10:00 am Outdoor Yoga (Fall Equinox Flow)
24 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	25 5:30 am Cardio Conditioning** 8:15 am 30/30 8:15 am Yoga 9:30 am Chair Chi** 9:30 am HIIT 5:30 pm Strength Training	26 5:30 am Energizing Intervals 5:30 am Cycling** 8:15 am Classic Step 8:15 am Cycling Express* 9:30 am Talk n' Tone 5:30 pm Wednesday Sampler: Bootcamp	27 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 Yoga Strength & Stretch	28 5:30 am Cross Fitness Camp** 5:45 am Yoga Toning** 8:15 am 20/20/20 9:30 am Talk n' Tone	29 Women's Health & Fitness FREE Special Workout with Molly 8:15-9:45 am Workout Includes: HIIT Cardio Core Pilates Yoga Strength & Stretch	30

GROUP EXERCISE INSTRUCTORS

Alen J – Cycling

Amy N - Cycling

Ann S - Energizing Intervals

Ashley D - HIIT

Helen B - Strength & Stretch/Strength Training

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

Mary B - 30/30

Mary R - Wednesday Sampler

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

Molly M - 30-30/3,2,1 Fitness Blend/Bosu Ball Intervals/Cardio Conditioning/Cardio Pilates/Cycling/
Cycling Express/Outdoor Yoga/Strength Training/Women's Special Workout/Yoga Bootcamp/Yoga Flow/
Yoga Strength & Stretch/Yoga Toning

Phil J - Yoga Strength & Stretch

Rachel C - Cardio Boxing/Zumba

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!

