



GROUP EXERCISE MASTER SCHEDULE

Effective April 3, 2017

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	STUDIO A	LES MILLS BODYPUMP™ Nicole (55)	LES MILLS GRIT Tim (40)	LES MILLS BODYPUMP™ Tim (40)	LES MILLS GRIT Tim (40)			
5:15am	CYCLE STUDIO	Cardio Cycling Meredith (45)		Cardio Cycling Meredith (45)		Cardio Cycling Monica (45)		
6:00am	STUDIO A		Strength Training Circuit Monica (25)	Cardio Dance/Strength Monica (45)	Strength Training Circuit Monica (25)	Strength Training Circuit Monica (25)		
	STUDIO B	Pilates Meredith (45)		Sunrise Yoga Trish (55)		Core/Stretch/ Foam Roll Chelsea (45)		
6:30am	CYCLE STUDIO		Cardio Cycling Monica (45)		Cardio Cycling Monica (45)			
7:30am	CYCLE STUDIO						Cardio Cycling Rotation (55)	
8:00am	STUDIO A				Interval Sculpt Monica (25)			
8:15am	STUDIO A	Tone & Step Monica (40)						
8:30am	STUDIO A		Strength Training Tracie (55)	LES MILLS BODYPUMP™ Tracie (55)	Strength Training Tracie (55)	20-20-20 Monica (55)		
	STUDIO B	Barre Sculpt Lisa (55)	Basic Pilates & Stretch Trish (45)	Cardio Dance Diane (55)			Pilates Rotation (45)	
	CYCLE STUDIO	Cardio Cycling Lynn (45)		Cardio Cycling Monica (45)	Cardio Cycling Interval Monica (25)	Cardio Cycling Nicole (45)	Cardio Cycling Rotation (45)	
	WELLNESS							
9:00am	STUDIO A	Basic Zumba Norma (25)						
	STUDIO B				Barre Sculpt Lisa (55)	Basic Zumba Norma (25)		
9:30am	STUDIO A	Strength Training Diane (55)	LES MILLS BODYCOMBAT™ Nicole (55)	Bootcamp Diane (55)	LES MILLS BODYATTACK Julie (50)	Strength Training Teresa (45)	Strength Training Rotation (55)	
	STUDIO B	Zumba Norma (45)		Yoga Julie (45)		Zumba Norma (45)	Self Defense Master Doug (55)	
	CYCLE STUDIO		Cardio Cycling Trish (45)					
	POOL							
	WELLNESS		Omnia Bootcamp Chelsea (45)		Omnia Bootcamp Chelsea (45)			
10:00am	STUDIO B		Barre Sculpt Julie (45)		Abs/Glutes/Core Conditioning John (45)			
10:30am	STUDIO A			Strength Training Julie (45)			Cardio Rotation (55)	
	STUDIO B	Basic Yoga Julie (45)		Barre Lisa (55)		Yoga Teresa (55)		
	WELLNESS		Basic Omnia Joyce/Roxanne (45)		Basic Omnia Joyce/Roxanne (45)			
	POOL	Water in Motion John (55)	Water Fitness Becky (55)	Water Fitness Lynn (55)	Water Fitness Becky (55)	Water in Motion Lynn (55)		
11:00am	STUDIO B		Silver Sneakers Julie (45)		Silver Sneakers Lynn (45)			
11:45am	STUDIO B	Silver Sneakers Debbie (55)	Silver Sneakers Yoga Stretch Julie (25)	Silver Sneakers Julie (45)		Silver Sneakers John (55)		
12:00pm	STUDIO A	Born to Move (8-12 yrs) Kristen (45)	Cardio Strength Diane (55)	Born to Move (8-12 yrs) Kristen (45)	Strength Training Diane (55)			
	STUDIO B							
	CYCLE STUDIO	Cardio Cycling John (45)	Cardio Cycling John (45)		Cardio Cycling John (45)			



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12:30pm	STUDIO B			Silver Sneakers Yoga Stretch Debbie (25)				
1:00pm	STUDIO A		Cardio Dance Diane (55)		Cardio Dance Diane (55)			
	STUDIO B	Silver Sneakers Debbie (55)	Silver Sneakers BOOM Move It Debbie (30)	Silver Sneakers Debbie (55)	Silver Sneakers BOOM Muscle John (30)	Silver Sneakers Gail (45)		
2:00pm	STUDIO A							Cardio Rotation (55)
3:00pm	STUDIO A							Strength Training Rotation (55)
3:30pm	STUDIO A	Circuit Training Monica (55)		Strength Training Interval Monica (55)				
3:45pm	STUDIO A		GRIT Tim (30)		GRIT CARDIO Tim (30)			
4:30pm	STUDIO A	Born to Move (5-8 yrs) Julie (45) ★	LES MILLS BODYCOMBAT* Tim (45)	Cardio Step Teresa (45)	LES MILLS BODYPUMP* Tim (55)	Strength Training Julie (55)		
	STUDIO B	Yogalates Teresa (40)	Born to Move (8-12 yrs) Meredith (45)	After School PE Chris (45) ★	Born to Move (5-8 yrs) Meredith (45)			
	CYCLE	Cardio Cycling Interval Monica (30)	Cardio Cycling Monica (55)	Cardio Cycling Interval Monica (30)	Cardio Cycling Monica (45)			
5:00pm	YAC	Kids Bootcamp John (55)	EXERGAMES Jerry (55)	Kids Bootcamp John (55)	EXERGAMES Brenden (55)			
5:30pm	STUDIO A	Strength Training Teresa (55)	Zumba Norma (40)	LES MILLS BODYPUMP* Nicole (40)	Cardio Dance Diane (40)	LES MILLS BODYATTACK Julie (40)		
	STUDIO B	Cardio Dance Diane (40)	Barre Sculpt Trish (50)		Barre Sculpt Trish (50)			
	CYCLE	Cardio Cycling Monica (45)				Cardio Cycling John (45) ★		
	WELLNESS		Omnia Bootcamp Brandon (45)		Omnia Bootcamp Brandon (45)			
6:00pm	CYCLE		Cardio Cycling Meredith (45)					
6:15pm	STUDIO A		LES MILLS BODYPUMP* Tammy (55)	LES MILLS BODYCOMBAT* Nicole (45)	LES MILLS BODYPUMP* Tammy (55)			
6:30pm	STUDIO A	LES MILLS BODYCOMBAT* AJ (40)						
	STUDIO B	Power Yoga Gail (55)	Core/Stretch/ Foam Roll Kate (45) ★	Power Yoga Gail (55)	Basic Yoga Trish (45) ★	Power Yoga Gail (55)		
	WELLNESS		Basic Omnia Brandon (45)		Basic Omnia Brandon (45)			
	POOL		Coached Lap Swim		Coached Lap Swim			
7:00pm	STUDIO A			Self Defense Master Doug (55)				
7:15pm	STUDIO A	LES MILLS BODYPUMP* Kristen (45)	Zumba Cathie (30)		Zumba Cathie (30)			
7:30pm	STUDIO B	Basic Yoga Gail (30)		Basic Yoga Gail (30)				
7:45pm	STUDIO A		Zumba Toning Cathie (30)		Zumba Toning Cathie (30)			

SCHEDULE KEY

At the Y, we want you to have all the tools you need to be successful. That's why we have arranged our Group Exercise Schedule by fitness level and intensity. Follow the color-coding below to find out which class will best meet your needs.

New classes are marked with a yellow star.

Orange: These classes are designed for the beginner. Each contains an instructional component and a short workout. These are considered HEALTH-SEEKER CLASSES.

Aqua: These are our intermediate classes for people who are in the routine of working out and want to try new things. These are considered STEP-UP CLASSES.

Blue: These classes are advanced and for someone who works out consistently. These are considered ATHLETE CLASSES.