



J. DOUGLAS WILLIAMS YMCA

GROUP EXERCISE SCHEDULE

BEGINNING APRIL 2017

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FRONT - AM CLASSES								
5:30 AM	Group Ex Studio		BODYPUMP™		BODYPUMP™			
	Cycling Studio	Cardio Cycle		Cardio Cycle		Cardio Cycle		
6:30 AM	Group Ex Studio		BODYFLOW™		Yoga			
8:00 AM	Group Ex Studio	Basic Fitness (30min)		Basic Fitness (30min)		Basic Fitness (30min)		
8:15 AM							BODYPUMP™	
8:30 AM	Group Ex Studio	Basic Stretch (30min)		Basic Stretch (30min)	Zumba	Basic Stretch (30min)		
	Cycling Studio		Christian Cardio Cycle					
9:00 AM	Group Ex Studio	Core (30min)				Core (30min)		
9:30 AM	Group Ex Studio	BODYPUMP™	Pilates	BODYPUMP™	Pilates	BODYPUMP™	Zumba	
	Gym	Zumba	Insanity	Zumba	Boot Camp	Boot Camp		
	Cycling Studio	Cardio Cycle	Cardio Cycle	Cardio Cycle	Cardio Cycle	Cardio Cycle	Cardio Cycle	
	Pool	H2O Boot Camp	Water Fitness	H2O Boot Camp	Water Fitness	H2O Boot Camp		
10:30 AM	Group Ex Studio	Yoga	Body Conditioning	Yoga	Body Conditioning	Zumba	Pilates	
	Gym	Boot Camp	Zumba	Boot Camp			TaeKwon-Do (11:45)	
PM CLASSES								
12:00 PM	Group Ex Studio	Basic Chair Fitness (45min)		Basic Chair Fitness (45min)		Basic Cardio Stretch		
12:30 PM	Group Ex Studio		Silver Sneakers		Silver Sneakers			
PM								



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PM								
1:00 PM	Pool	Water Fitness		Water Fitness		Water Fitness		
1:15 PM	Cycling Studio							Cardio Cycle (60min)
2:30 PM	Group Ex Studio							Yoga
4:30 PM	Group Ex Studio	Yoga		Yoga				
4:30 PM	Cycling Studio		Rip and Ryde		Rip and Ryde			
5:30 PM	Group Ex Studio	BODYPUMP™	Zumba	Zumba	Zumba	BODY COMBAT™		
	Cycling Studio	Cardio Cycle	Cardio Cycle	Cardio Cycle	Cardio Cycle	Cardio Cycle (60min)		
6:15 PM	Group Ex Studio		Core (15min)		Core (15min)			
6:30 PM	Group Ex Studio	BODY COMBAT™	BODYPUMP™	Insanity	BODYPUMP™			
7:30 PM	Group Ex Studio	TaeKwon-Do	Yoga		TaeKwon-Do			
YOUTH POLICY - Ages 8-11 permitted in classes that don't use equipment (Zumba, Yoga, Pilates, Core). Parents must be participating in the class and youth must be able to finish the class. - Ages 12 +: Can attend all classes and must be able to finish the class. Must be able to properly fit on a bike for cycle class. - *TaeKwon-Do is a specialty paid class; please see the front desk for more details on how to sign-up								

Health Seeker
If you are just starting to make exercise a consistent part of your life, try these classes!

Step Up
If you exercise a few times a week and are looking to add more structure to your workout routine, try these classes!

Athlete
If you are looking for a challenge, try these classes!

Paid Program



PERSONAL TRAINING

Need help getting healthier? We've got your back!

Individual, Partner & Group Sessions Available
Inquire Today!

We'll make the plan, YOU make the progress!