



GROUP EXERCISE MASTER SCHEDULE

January 2, 2018 – January 14, 2018

| 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® Tammy (40) | LES MILLS GRIT Tim (40) | | | |
| 5:15am | CYCLE STUDIO | RPM Victoria (45) | | Cardio Cycling Monica (45) | | Cardio Cycling Monica (45) | | |
| 6:00am | STUDIO A | | Strength Training Circuit Monica (25) | | Strength Training Circuit Monica (25) | | | |
| | STUDIO B | | | Stretch & Sculpt Monica (45) | | Stretch & Sculpt Monica (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 Lynn (55) | LES MILLS BODYPUMP® Holly (55) | LES MILLS BODYPUMP® Tracie (55) | 20-20-20 Monica (55) | | |
| | STUDIO B | Barre Sculpt Rebecca (55) | Basic Pilates & Stretch Rebecca (45) | Cardio Dance Diane (55) | | | Mind/Body Rotation (45) | |
| | CYCLE STUDIO | Cardio Cycling Lynn (45) | | Cardio Cycling Monica (45) | Cardio Cycling Interval Monica (25) | RPM Nicole (45) | Cardio Cycling Rotation (45) | |
| 9:00am | STUDIO A | Basic Zumba Norma (25) | | | | | | |
| | STUDIO B | | | | Barre Sculpt Julie (55) | Basic Zumba Norma (25) | | |
| 9:30am | STUDIO A | Strength Training Diane (55) | LES MILLS BODYCOMBAT® Nicole (55) | Bootcamp Diane (55) | Zumba Norma (45) | Strength Training Julie (45) | Strength Training Rotation (55) | |
| | STUDIO B | Zumba Norma (45) | | Yoga Julie (45) | | Zumba Norma (45) | Self Defense Master Doug (55) | |
| | CYCLE STUDIO | RPM Miranda (45) | RPM Miranda (45) | | | | | |
| | WELLNESS | | Omnia Bootcamp Rebecca (45) | | Omnia Bootcamp Kate (45) | | | |
| 10:00am | STUDIO B | | Barre Sculpt Julie (45) | | Abs/Glutes/Core Conditioning John (45) | | | |
| 10:30am | STUDIO A | | | | | | Cardio Rotation (55) | |
| | STUDIO B | Yoga Julie (55) | | Barre Julie (55) | | Yoga Julie (55) | | |
| | WELLNESS | | Basic Omnia Joyce/Roxanne (45) | | Basic Omnia Joyce/Roxanne (45) | | | |
| | POOL | Water Fitness John (55) | Water Fitness Lynn (55) | Water Fitness Rebecca (55) | Water Fitness Julie (55) | Water Fitness Lynn (55) | | |
| 11:00am | STUDIO A | | Cardio Dance Diane (55) | | Cardio Dance Diane (55) | | | |
| | STUDIO B | | Silver Sneakers Julie (45) | | Silver Sneakers Lynn (45) | | | |
| | LOBBY | Homeschool PE Chris (55) | Homeschool PE Chris (55) | Homeschool PE Chris (55) | Homeschool PE Chris (55) | | | |
| 11:45am | STUDIO B | Silver Sneakers Julie (45) | Silver Sneakers Yoga Stretch Julie (25) | Silver Sneakers Debbie (55) | | Silver Sneakers John (55) | | |
| 12:00pm | STUDIO A | | Cardio Strength Diane (55) | | Strength Training Diane (55) | | | |
| | 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 | | | | | | | |
| | 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 (55) | | |
| 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) | | | | |
| | GYM | | | | | | | |
| 3:45pm | STUDIO A | | | | | | | |
| 4:30pm | STUDIO A | | LES MILLS BODYCOMBAT® Tim (45) | 20-20-20 Nicole (55) | LES MILLS BODYPUMP® Tim (55) | | | |
| | STUDIO B | Yogalates Julie (40) | | | | | | |
| | CYCLE | Cardio Cycling Interval Monica (30) | Cardio Cycling Monica (45) | Cardio Cycling Interval Monica (30) | | | | |
| 5:00pm | YAC | | | | | | | |
| 5:30pm | STUDIO A | Cardio Dance/Strength Julie (55) | Cardio Strength Diane (55) | LES MILLS BODYPUMP® Nicole (40) | Cardio Dance Diane (40) | | | |
| | STUDIO B | | Barre Sculpt Trish (50) | | Barre Sculpt Trish (50) | Power Yoga Gail (55) | | |
| | CYCLE | Cardio Cycling Monica (45) | | | RPM Cycling Miranda (45) | RPM Cycling Miranda (45) | | |
| | WELLNESS | | | | | | | |
| 6:00pm | CYCLE | | RPM Kristen (45) | | | | | |
| | POOL | | | | | | | |
| 6:15pm | STUDIO A | | LES MILLS BODYPUMP® Tammy (55) | Cardio Dance Cathie/Julie (45) | LES MILLS BODYPUMP® Holly (55) | | | |
| 6:30pm | STUDIO A | LES MILLS BODYPUMP® Kristen (25) | | | | | | |
| | STUDIO B | Power Yoga Gail (55) | Basic Yoga Trish (45) | Power Yoga Gail (55) | Basic Yoga Trish (45) | | | |
| | WELLNESS | | | | | | | 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. |
| | POOL | | | | | | | |
| 7:00pm | STUDIO A | LES MILLS BODYPUMP® Kristen (45) | | Self Defense Master Doug (55) | | | | 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. |
| 7:15pm | STUDIO A | | Zumba Cathie (30) | | Zumba Cathie (30) | | | 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. |
| 7:30pm | STUDIO B | Basic Yoga Gail (30) | | Basic Yoga Gail (30) | | | | Blue: These classes are advanced and for someone who works out consistently. These are considered ATHLETE CLASSES. |
| 7:45pm | STUDIO A | | Zumba Toning Cathie (30) | | Zumba Toning Cathie (30) | | | |