



# GROUP EXERCISE MASTER SCHEDULE

## January 15, 2018

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	STUDIO A	<b>LES MILLS</b> BODYPUMP™ Nicole (55)	<b>LES MILLS</b> GRIT Tim (40)	<b>LES MILLS</b> BODYPUMP™ Tammy (45)	<b>LES MILLS</b> 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	Sunrise Yoga Jessica (45) ★		Stretch & Breathe Monica (45) ★		Stretch & Breathe 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 Rebecca (25) ★		Interval Sculpt Monica (25)			
8:15am	STUDIO A	Tone & Step Monica (40)						
8:30am	STUDIO A		Strength Training Lynn (55) ★	<b>LES MILLS</b> BODYPUMP™ Holly (55)	<b>LES MILLS</b> BODYPUMP™ Tracie (55)	20-20-20 Monica (55)		
	STUDIO B	Barre Sculpt Rebecca (55) ★	Pilates Sculpt 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)	<b>LES MILLS</b> BODYCOMBAT™ Nicole (55)	Bootcamp Diane (55)	Cardio Blast Rebecca (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	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 Teresa (55)		
	WELLNESS	Y FIT Rebecca (45) ★	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)	Senior Strength 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		LES MILLS GRIT STRENGTH Tim (30)		LES MILLS GRIT CARDIO Tim (30)			
4:30pm	STUDIO A		LES MILLS BODYCOMBAT* Tim (45)	20-20-20 Tim (55)	LES MILLS BODYPUMP* Tim (55)			
	STUDIO B	Yogalates Teresa (40)	Kids Fitness 6-12 years old Lynn (55)		Kids Fitness 6-12 years old Lynn (55)			
	CYCLE	Cardio Cycling Interval Monica (30)	Cardio Cycling Monica (45)	Cardio Cycling Interval Monica (30)				
5:00pm	YAC							
5:30pm	STUDIO A	Zumba Cathie (45)	Cardio Strength Diane (40)	LES MILLS BODYPUMP* Nicole (40)	Cardio Dance Diane (40)			
	STUDIO B	Body Sculpt Julie (40)	Kids Fitness 12-16 years old Chris (55)		Kids Fitness 12-16 years old Chris (55)	Power Yoga Gail (55)		
	CYCLE	Cardio Cycling Monica (45)			RPM Cycling Miranda (45)	RPM Cycling Miranda (45)		
	WELLNESS		Y FIT Monica (45)					
6:00pm	CYCLE		RPM Kristen (45)					
	POOL							
6:15pm	STUDIO A		LES MILLS BODYPUMP* Tammy (55)	LES MILLS BODYCOMBAT* Nicole (40)	LES MILLS BODYPUMP* Holly (55)			
6:30pm	STUDIO A	LES MILLS BODYPUMP* Kristen (30)						
	STUDIO B	Power Yoga Gail (55)	Stretch & Breathe Monica (45)	Power Yoga Gail (55)	Basic Yoga Julie (45)			
	WELLNESS							SCHEDULE KEY
	POOL							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.
7:00pm	STUDIO A	LES MILLS BODYPUMP* Kristen (45)		Self Defense Master Doug (55)				New classes are marked with a yellow star.
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)			