



GROUP EXERCISE MASTER SCHEDULE

EFFECTIVE September 3, 2018

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	STUDIO A	LES MILLS BODYPUMP® Tammy (55)	HIIT Bootcamp Jerry (40) ★	LES MILLS BODYPUMP® Tammy (45)	HIIT Bootcamp Jerry (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 Interval 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 B		Interval Sculpt Emily (25) ★		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® Tammy (55) ★	Step and Strength Diane (55)		
	STUDIO B	Barre Sculpt Lisa (55)	Pilates Julie (50) ★	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 Lisa (55)	Basic Zumba Norma (25)		
9:30am	STUDIO A	Strength Training Diane (55)	Cardio KickBoxing Julie (50)	Cardio Strength Diane (55) ★	Cardio Kickboxing 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	RPM Miranda (45)	RPM Miranda (45)					
	WELLNESS		Omnia Bootcamp Joyce (45) ★		Omnia Bootcamp Emily (45)			
10:00am	STUDIO B		Barre Lisa (45)		Abs/Glutes/Core Conditioning John (45)			
10:30am	STUDIO A						Cardio Rotation (55)	
	STUDIO B	Yoga Julie (55)		Barre Sculpt Julie (55)		Yoga Teresa (55)		
	WELLNESS	Y FIT Emily (45) ★	Basic Omnia Joyce/Roxanne (45)		Basic Omnia Joyce/Roxanne (45)			
	POOL	Water Fitness Lynn (55)	Water Fitness Lynn (55)	Water Fitness Teresa/Heather (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)			
11:45am	STUDIO B	Silver Sneakers Julie (45)	Silver Sneakers Yoga Stretch Lynn(25) ★	Silver Sneakers Julie (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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TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30pm	STUDIO B	Silver Sneakers Yoga Stretch Julie (25)	Senior Strength Lynn (25) ★					
1:00pm	STUDIO A							
	STUDIO B	Silver Sneakers Lynn (55)	Silver Sneakers BOOM Move It John (30)	Silver Sneakers John/Gail (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 Tim (30) ★		LES MILLS GRIT Tim (30) ★			
	STUDIO A		LES MILLS BODYPUMP® Tim (55)	Cardio Kickboxing Julie (45) ★	LES MILLS BODYCOMBAT® Tim (55)			
4:30pm	STUDIO B	Yogalates Julie (45)						
	CYCLE	Cardio Cycling Interval Monica (30)	Cardio Cycling Monica (45)	Cardio Cycling Interval Monica (30)				
	WELLNESS			Y FIT Express Monica (30)				
5:15pm	STUDIO A	Step & Strength Teresa/Katie (55) ★		Strength Training Julie (40)				
	STUDIO B	Body Sculpt Julie (40)	Barre Sculpt Trish (55)	Power Yoga Gail (55)	Barre Sculpt Trish (55)	Power Yoga Gail (55)		
	CYCLE	Cardio Cycling Monica (45)			RPM Cycling Miranda (40)	RPM Cycling Miranda (45)		
	WELLNESS		Y FIT Monica (45)					
6:00pm	CYCLE		RPM Kelli (45)					
	POOL							
6:15pm	STUDIO A		LES MILLS BODYPUMP® Tammy (55)	Self Defense Master Doug (55)	LES MILLS BODYPUMP® Miranda (55) ★			
6:30pm	STUDIO A	Strength Training Emily (25) ★						
	STUDIO B	Power Yoga Gail (55)	Yoga Stretch & Breathe Trish (45)	Basic Yoga Gail (30)	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	Strength Training Emily (45) ★						New classes are marked with a yellow star.
7:15pm	STUDIO A		Zumba Cathie (30)		Zumba Cathie (30)			BLUE: These classes are designed for the beginner. Each contains an instructional component and a short workout. These are considered HEALTH-SEEKER CLASSES.
7:30pm	STUDIO B	Basic Yoga Gail (30)						RED: 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.
7:45pm	STUDIO A		Zumba Toning Cathie (30)		Zumba Toning Cathie (30)			BLACK: These classes are advanced and for someone who works out consistently. These are considered ATHLETE CLASSES.

