



GROUP EXERCISE MASTER SCHEDULE

EFFECTIVE February 4, 2019

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	LesMills 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)	LesMills Tone Katie (30)		
	STUDIO B	Sunrise Yoga Trish (55)		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							
8:30am	STUDIO A	Cardio Dance Diane (55)	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)	LesMills RPM Kelli (45)	Cardio Cycling Rotation (45)	
9:00am	STUDIO A							
	STUDIO B				Barre'lates Julie (55)	Basic Zumba Norma (25)		
9:30am	STUDIO A	Strength Training Diane (55)	Cardio KickBoxing Julie (50)	Bootcamp Emily (55)	Interval Sculpt Lynn (30)	Strength Training Teresa (45)	Strength Training Rotation (55)	
	STUDIO B	Interval Sculpt Lynn (30)		Yoga Teresa (45)		Zumba Norma (45)	Self Defense Master Doug (55)	
	CYCLE STUDIO	LesMills RPM Miranda (45)	LesMills RPM Miranda (45)		LesMills RPM Tammy (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			Strength Training Teresa (30)			Cardio Rotation (55)	
	STUDIO B	Yoga Julie (55)		Barre Sculpt Lisa (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 Rotation (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 Gail (45)			
	LOBBY		Homeschool PE Chris (55)		Homeschool PE Chris (55)			
11:45am	STUDIO B	Silver Sneakers Julie (45)	Silver Sneakers Yoga Stretch Debbie(25)	Silver Sneakers Debbie (55)		Silver Sneakers Lynn (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 Julie (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 John (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)		LES MILLS BODYPUMP® Kristen (55)		
	GYM							
3:45pm	STUDIO A		LES MILLS GRIT Tim (30)		LES MILLS GRIT Tim (30)			
4:30pm	STUDIO A	LES MILLS BODYPUMP® Holly (55)	LES MILLS BODYPUMP® Tim (55)	20/20/20 Julie (55)	LES MILLS BODYCOMBAT™ Tim (55)			
	STUDIO B	Yogalates Teresa (55)						
	CYCLE	Cardio Cycling Interval Monica (30)	Cardio Cycling Monica (45)	Cardio Cycling Interval Monica (30)		LesMills RPM Miranda (45)		
5:15pm	WELLNESS			Y FIT Express Monica (30)				
5:30pm	STUDIO A	Strength Training Teresa (45)	Step & Strength Katie (40)	Strength Training Julie (40)	LesMills Tone Katie (40)			
	STUDIO B	Pilates Gail (55)	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)			
	WELLNESS		Y FIT Monica (45)					
6:00pm	CYCLE		LesMills 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	Zumba Stephanie/Monica (25)						
	STUDIO B	Power Yoga Gail (55)	Yoga Stretch & Breathe Trish (45)	Basic Yoga Gail (30)	Basic Yoga Trish (45)			
	WELLNESS							
	POOL							
7:00pm	STUDIO A	LES MILLS BODYPUMP® Kristen (55)						
7:15pm	STUDIO A		Zumba Cathie (30)		Zumba Cathie (30)			
7:30pm	STUDIO B	Basic Yoga Gail (30)						
7:45pm	STUDIO A		Zumba Toning Cathie (30)		Zumba Toning Cathie (30)			
							<p>SCHEDULE KEY</p> <p>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.</p> <p>New classes are marked with a yellow star.</p> <p>BLUE: These classes are designed for the beginner. Each contains an instructional component and a short workout. These are considered HEALTH-SEEKER CLASSES.</p> <p>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.</p> <p>BLACK: These classes are advanced and for someone who works out consistently. These are considered ATHLETE CLASSES.</p>	