

GROUP EX & WELLNESS CLASS

March 2-April 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A 5:25 – 5:55 am Stretch	A 5:25 – 5:55 am Stretch		A 5:25 – 5:55 am Stretch		
W 6-6:55 am Barre	A 6-6:55 am Cardio Step Together	W 6-6:55 am PIYO	A 6-6:45 am Strong	W 6-6:55 am PIYO	A 8:00-8:55 am Defend Together
A 6 – 6:55 am Str Train Together		A 6 – 6:55 am Str Train Together		A 6 – 6:55 am Str Train Together	W 8-8:55 am (YOGA) V
A 7 – 7:55 am Active Together	W 7am –7:30 Foam Roller	A 7– 7:55 am Active Together	W 7-7:55 am Barre	A 7 – 7:55am Active Together	A 9-9:55 am Cardio Step Together
A 8:05– 8:50 am Balance & Stretch		A 8:05–8:50 am Balance & Stretch		A 8:05– 8:50 am Balance & Stretch	W 9 – 9:55 am Embodyoga (M)
W 9-10 am Tai Chi	W 9-9:55 am Iyengar Yoga (G)		W 9-9:55 am Iyengar Yoga (M)	W 9:30-10:25 am Yoga (G/M)	A 10-10:55 am Zumba
A 9 – 9:55 am Cardio Step Together	A 9-9:55 am Str Train Together	A 9 – 9:55 am Defend Together	A 9-9:55 am Str Train Together	A 9 – 9:55 am Cardio Step Together	W 10:05-10:50 am Barre
G 10-10:55 am Enhance Fitness	WR 9:30-10:30 am Beg. Weight Room	G 10-10:55 am Enhance Fitness	WR 9:30-10:30 am Beg. Weight Room	G 10 –10:55 am Enhance Fitness	A 11-11:55 am POUND
A 10:05 –11 am Active Together	A 10:05 – 10:55am Groove Together	A 10:05 –11 am Active Together	A 10:05 – 10:55 am Groove Together	A 10:05 – 11 am Active Together	SUNDAY
G 11:05-11:55 am SilverSneakers	W 10:00-10:55 am Tai Chi	G 11:05-11:55 am SilverSneakers	W 10:00-10:55am Tai Chi	G 11:05-11:55 am SilverSneakers	
A 11:10 – 11:50 am Balance & Stretch	W 11-12 pm Healthy Bones/Balance	A 11:10 – 11:50 am Balance & Stretch	W 11-12 pm Healthy Bones/Balance	A 11:10 – 11:50 am Balance & Stretch	W 9-9:55 am Yoga (G/M)
G 12-12:55 pm Enhance Fitness	A 11:05—12 pm Active Together	G 12-12:55 pm Enhance Fitness	A 11:05-12 pm Active Together	G 12-12:55 pm Enhance Fitness	A 9 –9:55am Cardio Step Together
A 12:00-12:55 pm Str Train Together	A 12:05– 12:55 pm Barre Core Fusion	A 12:00 – 12:55 pm Str Train Together	A 12:05 – 12:35pm Core	A 12:00-12:55 pm Str Train Together	A 10 –10:55 am Str Train Together
W 1:30-2:30 pm Yoga Chronic Pain (G)		W 1:30-2:30 pm Yoga Chronic Pain (G)	A 12:35 – 1 pm HITT		W 10:05-11 am Yoga (G/M)
	W 2-4pm ROOM CLOSED		W 2-4 pm ROOM CLOSED		A 11-11:55 am Zumba
A 4:30-5:25 pm Active Together	A 4:30-5:25 pm Cardio Step Together	A 4:30-5: 25 pm Groove Together	A 4:30-5:25 pm Defend Together	A 4:30-5:25 pm Cardio Step Together	A 1-2 pm Circuit Class
		W 4:30-5:25 pm Barre Core Fusion			
W 5:30-6:25 pm YOGA (V)	W 5:30-6:25 pm Iyengar Yoga (M)	W 5:30-6:25 pm Yoga (G)	W 5:30-6:25 pm Embodyoga (G-M)		
G 5:30-6:15 pm Circuit		G 5:30-6:15 pm Circuit			
A 5:35 – 6:30 pm Defend Together	A 5:35– 6:30 pm Zumba	A 5:25-6:30 pm Cardio Step Together	A 5:35-6:30 pm Str Train Together		
	W 6:35-7:30 pm Barre	W 6:35-7:30 pm Pilates	W 6:35– 7:30 pm Barre		
A 6:35-7:25 pm POUND	A 6:35-7:30 pm Str Train Together	A 6:35-7:30 pm Zumba	A 6:35-7:30 pm Zumba ends 3/12		
W 6:35-7:30 pm Meditation 1st and 3rd	GC 8-9 pm Adult Gymnastics \$				

YMCA HOURS

Mon-Thur 5 am – 9:30 pm
Friday 5 am –9 pm
Saturday 7 am-6 pm
Sunday 8 am– 6pm

A Adams Room
W Wellness Center
G Gym
GC Gymnastics Center
WR Weight Room
\$\$ Fees applied

Yoga Key

G Gentle
M Moderate
V Vigorous

Subject to Change

Updated 2/17