



GROUP EXERCISE CLASS SCHEDULE

July - August 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Sunrise Yoga Sara-AZ	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Sunrise Yoga Sara-AZ	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Ping-G3	
	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kelli-AZ	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi- Canceled in August will resume in September	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3				8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Jesselyn-G3
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-AZ	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-AZ	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-AZ	
	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM TRX Justin-G2	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM TRX Justin-G2		
	9-9:45 AM Zumba@ Dale-G2	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Zumba@ Dale-G2	10:15-11 AM Balance and Strength Justin-G3	9-9:45 AM Zumba@ Dale-G2	
	9-9:45 AM Cycle Pat-Cycle Rm	10-10:40 AM Yoga Lori-AZ	9-10 AM Cycle Bob-Cycle Rm	10-10:40 AM Yoga Lori-AZ	9-10 AM Cycle Bob-Cycle Rm	10 AM-12 PM SPECIALTY MELT • Kristi- Held on the last Saturday of each month
	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Self Guided-G2	10-10:45 AM TRX Justin-G2	10-10:45 AM Tai Chi • Self Guided-G2	10-10:45 AM TRX Justin-G2	
	10:15-11:10 AM Yoga Allie-G3	11:15-12 PM Chair Fit • Ping-Gym 3	10:15-11:10 AM Yoga Allie-G3	11:15-12 PM Chair Fit • Ping-Gym 3	10:15-11:10 AM Yoga Allie-G3	
LATE MORNING	11-12 PM MELT • Kristi- Canceled in August will resume in September		11-12 PM MELT • Josh-AZ	<p>GX classes typically held in the MPR have moved into the Action Zone or elsewhere around the Y this summer.</p> <p>Please ask for guidance if you are unfamiliar with a class location.</p>	11-12 PM MELT • Kristi- Canceled in August will resume in September	<p><i>Classes are subject to change without notice. Please check YMCA website often for updates.</i></p>
	11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3	
	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3	
AFTERNOON	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Functional Flow Mari-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Functional Flow Mari-G3	<h2>SCHEDULE KEY</h2> <p>Location: G3 - Gym 3 G2 - Gym 2 AZ - Action</p> <p>Class Key: • gentle Δ Advanced Ω New Class</p>	
	5:30-6:15 PM Zumba@ Elena-G3		5:30-6:15 PM Zumba@ Elena-G3			
	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Step Laura-G3		
	5:30-6:15 PM Outdoor Yoga Lori-Lawn		5:30-6:15 PM Outdoor Yoga Lori-Lawn			
EVENING						