




GROUP EXERCISE CLASS SCHEDULE

September - December 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 Functional Flow Sara-MPR	7-7:45 AM (Set up-6:45 AM) Maintain Your Health • Christian-G3	6:15-7 AM Sunrise Functional Flow Sara-MPR	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 • Kristi-MPR	8-8:45 AM TRX Justin-G2	7:45-8:30 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	9-10 AM Power Pump Kelli-G3		9-10 AM Power Pump Kelli-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-MPR	9-9:45 AM TRX Justin-G2	8:30-9:30 AM PiYo® LIVE Δ Carissa-MPR	9-9:45 AM TRX Justin-G2	8:30-9:30 AM Inside Flow Ω Δ Carissa-MPR	
	9-10 AM Heavy HIIT Δ Hillary-G3	10:15-11 AM Balance and Strength Justin-G3	9-10 AM Heavy HIIT Δ Hillary-G3	10:15-11 AM Balance and Strength Justin-G3		
	9-9:45 AM Zumba® Dale-G2	10-10:40 AM Yoga Lori-MPR	9-9:45 AM Zumba® Dale-G2	10-10:40 AM Yoga Lori-MPR	9-9:45 AM Zumba® Dale-G2	
LATE MORNING	9-9:45 AM Cycle Pat-Cycle Rm	10-10:45 AM Tai Chi • Self Guided-G2	9-10 AM Cycle Bob-Cycle Rm	10-10:45 AM Tai Chi • Self Guided-G2	9-10 AM Cycle Bob-Cycle Rm	
	10 -10:45 AM TRX Justin-G2	11:15-12 PM Chair Fit • Ping-Gym 3	10 -10:45 AM TRX Justin-G2	11:15-12 PM Chair Fit • Ping-Gym 3	10 -10:45 AM TRX Justin-G2	10 AM-12 PM SPECIALTY MELT • Kristi- Held on the last Saturday of each month
	10:15-11:10 AM Yoga Allie-G3	11-11:45 AM Family Fit • Ω Christian-Gym 2	10:15-11:10 AM Yoga Allie-G3	11-11:45 AM Family Fit • Ω Christian-Gym 2	10:15-11:10 AM Yoga Allie-G3	
	11-12 PM MELT • Kristi-MPR	LIVE SCHEDULE REAL-TIME UPDATES!  Scan to stay informed!	11-12 PM MELT • Kristi-MPR	11-12 PM MELT • Kristi-MPR	11-12 PM MELT • Kristi-MPR	Classes are subject to change without notice. Please check YMCA website often for updates.
11:20-12 PM Chair Yoga • Allie -G3	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	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 Sara-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Functional Flow Sara-G3	SCHEDULE KEY Location: G3 - Gym 3 G2 - Gym 2 MPR - Multi-purpose Room Class Key: • gentle Δ Advanced Ω New Class	
	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 Josh-G2	5:30-6:15 PM Step Laura-G3	5:30-6:15 PM Full Body HIIT Δ Josh-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						