



# DOWNTOWN YMCA GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POOL</b>	SENIOR AQUA 8:15AM-9:00AM MIKE					
	FLIPPER 12:15PM-1:00PM KURT					
<b>CYCLING</b>	INDOOR CYCLING 6:00AM-7:00AM MIKE	INDOOR CYCLING 5:15AM-6:00AM LISA	INDOOR CYCLING 5:30AM-7:00AM RALPH	INDOOR CYCLING 6:00AM-7:00AM MARSHALL	INDOOR CYCLING 6:00AM-7:00AM DENISE	
	INDOOR CYCLING 12:15PM-1:00PM GREG	INDOOR CYCLING 12:15PM-1:00PM NATALIE	INDOOR CYCLING 12:15PM-1:00PM GREG	INDOOR CYCLING 12:15PM-1:00PM MIKE	INDOOR CYCLING 12:15PM-1:00PM JANE	INDOOR CYCLING 9:00AM-10:00AM SILVIA
		INDOOR CYCLING 5:30PM-6:30PM HILLARY				
<b>MIND&amp;BODY</b>	POWER YOGA 11:30AM -12:10PM RACHEL		YOGA 6:00AM-7:00AM CECILIA	POWER YOGA 11:30AM-12:10PM RACHEL		
	PILATES 12:20PM-1:00PM RACHEL	YOGA 12:00PM-1:00PM NATALY	YOGA 12:10PM-12:50PM LAURA	PILATES INTERVAL 12:20PM-1:00PM SHANNON	YOGA 12:00PM-1:00PM JOY	
		YOGA 6:30PM-7:30PM CECILIA	MAT PILATES 1:15PM-2:00PM SHANNON			
<b>BOXING</b>		BOXING CONDITIONING 6:00AM-7:00AM JON				
<b>TURF</b>	STRENGTH FOUNDATION 6:00AM-6:45AM MIKE R	STRENGTH FOUNDATION 12:15PM-1:00PM SEAN	STRENGTH FOUNDATION 7:00AM-7:45AM MIKE R	BOXING CONIDITIONING 12:15PM-1:00PM SEAN	STRENGTH FOUNDATION 12:15PM-1:00PM MIKE R	
<b>GROUP EXERCISE STUDIO</b>		POWER SCULPT 6:00AM-7:00AM DONNA	BOOT CAMP 6:00AM-6:45AM TYLER L	POWER SCULPT 6:00AM-6:45AM DONNA	BOOT CAMP 6:00AM-6:45AM JON	BOOT CAMP 10:00AM-10:45AM TYLER B
	BOOT CAMP 7:00AM-7:45AM TYLER L					ZUMBA® 11:30AM-12:30PM ADRIANA
	CARDIO SCULPT 11:30AM-12:10PM JEANNE	STRENGTH FOUNDATION 11:30AM-12:10PM SEAN	STEP + 11:30AM-12:10PM JEANNE	FIRM ACTION 11:30AM-12:10PM JEANNE	BOOT CAMP 11:30AM-12:10PM SEAN	
	BOOT CAMP 12:15PM-1:00PM SEAN	HARD CORE PILATES 12:20PM-1:00PM SHANNON	ZUMBA® 12:15PM-1:00PM DANIELLE	BOOT CAMP 12:15PM-1:00PM TYLER L	HARD CORE PILATES 12:20PM-1:00PM SHANNON	
	ZUMBA® 1:15PM-2:00PM KENNY		BOOT CAMP 1:15PM-2:00PM TYLER L	ZUMBA 1:15PM-2:00PM KENNY		
	T.A.G. 5:30PM-6:15PM DANIELLE	BOOT CAMP 5:30PM-6:15PM DANIELLE	BOOT CAMP 5:30PM-6:15PM DANIELLE	STRENGTH FOUNDATION 5:30PM-6:15PM HILLARY	BOOT CAMP 5:30PM-6:15PM DANIELLE	
ZUMBA® 6:15PM-7:15PM KENNY	ZUMBA® 6:15PM-7:15PM ADRIANA		HIP HOP AEROBICS 6:15PM-7:15PM JUS			

NOTE: This schedule will be effective as of JANUARY 22ND 2018