



DOWNTOWN YMCA GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL	SENIOR AQUA 8:15AM-9:00AM MIKE				SENIOR AQUA 8:15AM-9:00AM MIKE	
	FLIPPER 12:15PM-1:00PM KURT					
CYCLING		INDOOR CYCLING 5:15AM-6:00AM LISA	INDOOR CYCLING 5:30AM-7:00AM RALPH	INDOOR CYCLING 5:15AM-6:00AM MIKE		
	INDOOR CYCLING 6:15AM-7:00AM MIKE			INDOOR CYCLING 6:00AM-7:00AM MARSHALL	INDOOR CYCLING 6:00AM-7:00AM DENISE	INDOOR CYCLING 9:00AM-10:00AM SILVIA
	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 5:30PM-6:30PM HILLARY				
MIND&BODY	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	MAT PILATES 12:20PM-1:00PM DANIELLE	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			
BOXING		BOXING CONDITIONING 6:00AM-7:00AM JON				
				BOXING CONDITIONING 12:15PM-1:00PM MONICA		
TURF		CARDIO KICKBOXING 12:15PM-1:00PM MONICA			STRENGTH FOUNDATION 12:15PM-1:00PM MIKE R	
GROUP EXERCISE STUDIO	P90X® 6:00AM-6:45AM MONICA	POWER SCULPT 6:00AM-6:45AM DONNA	BOOT CAMP 6:00AM-6:45AM LAURA	POWER SCULPT 6:00AM-6:45AM DONNA	BOOT CAMP 6:00AM-6:45AM JON	BOOT CAMP 10:00AM-10:45AM TAYLOR
	BOOT CAMP 7:00AM-7:45AM DANIELLE		BOOT CAMP 7:00AM-7:45AM JON			ZUMBA® 11:30AM-12:30PM ADRIANA
	CARDIO SCULPT 11:30AM-12:10PM JEANNE	STRENGTH FOUNDATION 11:30AM-12:10PM TAYLOR	STEP + 11:30AM-12:10PM JEANNE	FIRM ACTION 11:30AM-12:10PM JEANNE	BOOT CAMP 11:30AM-12:10PM LAURA	
	BOOT CAMP 12:15PM-1:00PM SEAN	BOOT CAMP 12:15PM-1:00PM SEAN	ZUMBA® 12:15PM-1:00PM DANIELLE	BOOT CAMP 12:15PM-1:00PM TAYLOR	HARD CORE PILATES 12:20PM-1:00PM SHANNON	
	ZUMBA® 1:15PM-2:00PM KENNY	BARRE 1:15PM-2:00PM SHANNON	BOOT CAMP 1:15PM-2:00PM JON	ZUMBA® 1:15PM-2:00PM KENNY	BARRE 1:15PM-2:00PM TANYA	
	T.A.G. 5:30PM-6:15PM JILLIANE	BOOT CAMP 5:30PM-6:15PM DANIELLE	BOOT CAMP 5:30PM-6:15PM JILLIANE	STRENGTH FOUNDATION 5:30PM-6:15PM HILLARY		
ZUMBA® 6:15PM-7:15PM KENNY	ZUMBA® 6:15PM-7:15PM ADRIANA		HIP HOP AEROBICS 6:15PM-7:15PM JUS	BOOT CAMP 6:15PM-7:00PM SILVIA		

NOTE: This schedule will be effective as of April 3rd 2017