



FARMINGTON VALLEY YMCA
GROUP EXERCISE SCHEDULE

NEW SCHEDULE BEGINNING 7/5/2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 653 5524

www.farmingtonvalleyYMCA.org

SPRING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO ONE	GROUP CYCLE 5:45-6:45 AM JEN	GROUP CYCLE 5:45-6:45 AM JEN	BODY CHALLENGE 5:45-6:45 AM JILL	GROUP CYCLE 5:45-6:45 AM JANE	ABS & GLUTES 5:45-6:30 AM JEN L	GROUP CYCLE 7:45-8:45 AM JEFF or JANE	ZUMBA 😊 11:05-12:05 PM DONNA
	YOGA FOR STRENGTH 8:00- 9:00 AM MELISSA D	DEFINITIONS 8:15-9:15 AM MARY F	YOGA FOR STRENGTH 8:00-9:00 AM LAURA	BODY CHALLENGE 8:15-9:15 AM SUZI	VINAYSA FLOW YOGA 8:00-9:00 AM JENINIFER	HATHA YOGA 9:00-10:00 AM JILL	R.I.P.P.E.D. 12:15-1:30 PM LAURA B
	KICKBOX 😊 9:00-10:00 AM JACKIE	RIDE 9:30-10:30 AM SUZI	BOOT CAMP 9:15-10:00 AM JACKIE	SPIN AND SCULPT 9:30-10:30 AM SUZI	KICKBOX 😊 9:00-10:00 AM JACKIE	ZUMBA 10:15 - 11:15 AM MEG	
	BODY CHALLENGE 10:00-11:00 AM SUZI	SUPER SCULPT 10:45-11:30AM JACKIE	ZUMBA 10:00-11:00 AM VICKI	SUPER SCULPT 10:45-11:30AM JACKIE	BODY CHALLENGE 10:00-11:00 AM JACKIE	SUPER SCULPT 11:30 - 12:15 PM MARY	VINYASA YOGA 😊 4:15-5:30 PM JOHN
	LIVESTRONG 1:00-2:00 PM		LIVESTRONG 1:00-2:00 PM				
	SUPER SCULPT 4:30-5:25 PM EMILY	ZUMBA 😊 4:20-5:15 PM SUE		ZUMBA 😊 4:30-5:30 PM SUE			SPINNING CYCLING CLASS
	H.I.I.T. 5:30-6:15 PM MARY A	RIDE 5:30-6:15 PM DAVE	H.I.I.T. 5:15-6:00 PM LAURA B	PILATES 5:30-6:15 PM TERRI	BODY CHALLENGE 5:30-6:30 PM TERRI		Located in the Activity Center
	HATHA FLOW YOGA 6:30-7:30 PM CATHY	JUKIDO (Sport Program) 6:30-7:30 PM	YOGA 6:15-7:15 PM JOHN	JUKIDO (Sport Program) 6:30-7:30 PM			
	ZUMBA 😊 7:45- 8:45 PM AMY		ZUMBA 😊 7:30- 8:30 PM DONNA	HATHA FLOW YOGA 7:45-8:45 PM CATHY			
STUDIO TWO	SENIOR STRONG 9:30-10:15 AM KATIE	SENIOR DANCE PARTY 9:30-10:15 AM SUE B	SENIOR STRONG 9:30-10:15 AM KATIE	CHAIR YOGA 9:30-10:15 AM NICOLE	SENIOR STRONG 9:30-10:15 AM IRENE		
		GENTLE YOGA 9:30-10:30 AM MELISSA		BARRE CORE 9:30 - 10:30 AM IRENE			
				YOUTH SUPER SOLDIER 4:30-5:30 PM			
				HARD CORE 5:45 -6:15 PM DAVID			
	EXTREME FIT 6:15 - 7:15 PM LAURA	LIVESTRONG 6:30-7:30 PM	EXTREME FIT 6:15 - 7:15 PM LAURA	EXTREME FIT 6:15 - 7:15 PM LAURA	EXTREME FIT 6:15 - 7:15 PM LAURA		
			LIVESTRONG 6:30-7:30 PM				

IMPORTANT INFORMATION

Yellow programs are programs and require registration.

Studio One is located downstairs
Studio Two is the small studio, located upstairs.
12 & older
©Family Friendly Class: ages 8-11 may attend with an adult

Due to low attendance, FITNESS 101 HAS BEEN CANCELLED. YOUTH SUPER SOLDIER IS NOW AT 4:30 IN STUDIO 2.

