


YMCA HOURS: MON-THUR 4:30AM-9PM/FRI 4:30AM-8PM/SAT 7AM-6PM/SUN 11AM-6PM

FREE CHILD CARE: MON-FRI 8AM-1PM/MON-THUR 4:15-7:30PM/SAT 9:15-11:45

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AEROBICS ROOM							
6:30AM	Cardio X Train (Megan)	Yogalates (Megan)		Yogalates (Megan) Leigh 8			
8/8:15AM	8 Zumba (Kenyatta)	8:15 Fit Barre (Ashley) No Class 20th	8 Ab-Domination (Susie)	8:15 Fit Barre (Elizabeth)	8 Zumba (Jill)	8 Dance Chance (Maria)	
9/9:15AM	9:15 FIT (Dawn) Yanet 5, 26 Michelle 12, 19	9:15 Group Weight Training (Yanet) Korry 13, 20	9 Cardio Pop (Jen W)	9:15 Triple Threat (Jill)	9:15 Hi-NRG (Korry)	9:05-10:30 Ultimate Conditioning (Stephanie)	
10/10:30AM	10 Ageless Athletes (Jen)	10:15 Flex & Stretch (Carla)	10:15 Ageless Athletes (Carla 7, 21) Zumba (Elender 14, 28)	10:20 Great Weighted Workout (Jill)	10 Senior Fit (Mary 2, 16) Senior Yoga (Liz 9, 23, 30)	NEW CLASS 10:30 Family Fitness (Korry)	
11/11:15AM	11:15 Tai Chi (Myong)	11 Senior Active (Angie)	11:15 Tai Chi (Myong)	11 Line Dancing (Elender)	11:15 Tai Chi (Myong)		
12/12:15	12:15 Yoga Buzz (Elizabeth)	12 Pilates (Elizabeth)		12:15 Hatha Yoga (Theresa)	12:15 Yoga Buzz (Elizabeth)		
4:30PM	Zumba (JoJo)	Zumba (Jessica)	Piloxing (Jill)	Zumba (Cyndi)	POUND (Sabrina) Cancelled 23rd		Sun Yoga (Katherine)
5:30PM	Step (Susan) Megan 26	Circuit Work It (Megan) Stephanie 6	Total Body Blast (Megan) Leigh 7	Hip Hop (Diane)	Rockin Bottom (Korry)		
6:30PM	Ab-Solution (Stephanie)	Bosu (Megan) Stephanie 6	Ab-Solution (Stephanie)	Yogalates (Megan) Leigh 8, 22			
7:15PM			Zumba (Kate 7, 21) (Tony 14, 28)				
TRX/MVE ROOM							
6:30AM			TRX (Megan) Leigh 7				
8:15AM	MVE (Ashley)				MVE (Ashley) Susie 23		
9:30AM			Chair Fitness (Elizabeth) Canceled 14th Lisa 21				
12:15			NEW CLASS Beginner TRX (Korry)				
5:30PM	TRX Cardio Interval (Stephanie)	TRX Cardio Interval (Leigh)	TRX Strength (Stephanie)	TRX Cardio Strength (Megan) Stephanie 8, 22			
6:15PM		TRX Strength (Leigh)		TRX Cardio Strength (Stephanie)			



CYCLE

5:30/5:45AM	5:30 Cycle (Megan) Alena 12	5:45 Cycle (Leigh)	5:30 Cycle (Megan) Alena 7	5:45 Cycle (Leigh)	5:30 Cycle (Alena)		
9/9:15AM	9:15 Cycle (Ashley)		9 Cycle (Susie)		9 Cycle (Kim)	9:15 Cycle (Leigh 17, 24) (Megan 3) (Ashley 10)	
Noon	Cycle (Kim)		Cycle (Kim)		Cycle (Nicki)		
5:30PM	Cycle (Susie) Leigh 5	Cycle (Nicki)		Cycle (Leigh) Susie 8			
6:30PM	Cycle (Leigh)		Cycle (Megan) Leigh 7				

CLASS DESCRIPTIONS

AB-DOMINATION/AB-SOLUTION: 45 min of abdominal specific exercises that will target every part of your core

AGELESS ATHLETES/SENIOR FIT: slowly and carefully instructed weight and cardio training

ALL CYCLING: Cycles your way to fit! The perfect way for you to get into shape and to use as cross training

ALL TRX: Suspension training, working with your own body weight

BOSU CARDIO STRENGTH: Balance and weights combined

CARDIO CROSS TRAIN: Get your heart pumping while you feel your muscles burn

CARDIO POP: Wake up your workout with "pops" of cardio intervals

CHAIR FITNESS: Get your heart rate up and muscles pumped while working out in a chair

CIRCUIT WORK IT: move station to station with speed and strength

DANCE CHANCE: This is your chance to get fit while dancing

FAMILY FITNESS: A total body workout that the whole family can participate in, or come by yourself!

FIT: Come ready to workout with interactive training

FITT BARRE: Fuses core conditioning, Pilates, yoga, stretching, and isometrics into one powerful workout

FLEX AND STRETCH: Combination of static and rhythmic muscle stretch and tone

GREAT WEIGHTED WORKOUT: choose your weights and workout every major muscle group

HATHA YOGA: Total body stretching and breathing

HIP-HOP: Cardio dance workout with Hip Hop music

HI-ENG: High intensity cardio moves and bodyweight exercises

MVE PILATES: Pilates mechanics with strength training

PILATES: Body conditioning which uses a unique system of core stretching and strengthening exercises

PILOXING: Pilates and boxing fusion

POUND: Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

YOGALATES: Pilates and yoga fusion

ROCKIN BOTTOM: Focus on glutes and hamstrings but total body

SENIOR YOGA: A truly gentle yoga class with mat or chair options. You will tone and strengthen muscles, build immunity, and relax.

TAI CHI: Improves fitness, coordination, balance, and flexibility

TOTAL BODY BLAST: Full body, strength, cardio, and core

ZUMBA: A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout, join the party!