

# GROUP EX & WELLNESS CLASS

January 2 thru February 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A 5:25 – 5:55 am Stretch	A 5:25 – 5:55 am Stretch		A 5:25 – 5:55 am Stretch	A 5:25 – 5:55 am Stretch	A 7:05-7:55 am Groove Together
W 6-6:55 am Barre	A 6-6:30 am Cardio Step	W 6-6:55 am PIYO	A 6-6:55 am Cardio Step Together	W 6-6:55 am PIYO	A 8:00-8:55 am Defend Together
A 6 – 6:55 am Str Train Together	A 6:35 – 7:00 am Core Focus Together	A 6 – 6:55 am Str Train Together		A 6 – 6:55 am Str Train Together	W 8 –8:55 am Vinyasa Yoga(M/V)
A 7 – 7:55 am Active Together	W 7:05-7:35 am Foam Roller	A 7– 7:55 am Active Together	W 7-7:55 am Barre	A 7 – 7:55am Active Together	A 9-9:55 am Cardio Step Together
A 8:05– 8:50 am Balance & Stretch		A 8:05–8:50 am Balance & Stretch		A 8:05– 8:50 am Balance & Stretch	W 9 – 9:55 am Embodyoga (M)
W 9-9:55 am Tai Chi	W 9-9:55 am Iyengar Yoga (G)		W 9-9:55 am Iyengar Yoga (M)	W 9:30-10:30 am Yoga (G/M)	A 10-10:55 am Zumba
A 9 – 9:55 am Cardio Step Together	A 9-9:55 am Str Train Together	A 9 – 9:55 am Defend Together	A 9-9:55 am Str Train Together	A 9 – 9:55 am Cardio Step Together	W 10:05-10:50 am Barre
G 10-10:55 am Enhance Fitness	WR 9:30-10:30 am Beg. Weight Room \$	G 10-10:55 am Enhance Fitness	WR 9:30-10:30 am Beg. Weight Room \$	G 10 –10:55 am Enhance Fitness	A 11-11:45 am POUND
A 10:05 – 11 am Active Together	A 10:05 – 10:55am Groove Together	A 10:05 – 11 am Active Together	A 10:05 – 10:55 am Groove Together	A 10:05 – 11 am Active Together	<b>SUNDAY</b>
G 11:05-11:55 am SilverSneakers	W 10:00-10:55 am Tai Chi	G 11:05-11:55 am SilverSneakers	W 10:00-10:55am Tai Chi	G 11:05-11:55 am SilverSneakers	A 8:05-8:55 am Active Together
A 11:10 – 11:50 am Balance & Stretch	A 11:05-11:55 am Active Together	A 11:10 – 11:50 am Balance & Stretch	A 11:05-11:55 am Active Together	A 11:10 – 11:50 am Balance & Stretch	W 9-9:55 am Yoga (G/M )
G 12-12:55 pm Enhance Fitness	W 11-11:55 am Healthy Bones & Balance	G 12-12:55 pm Enhance Fitness	W 11-11:55 am Healthy Bones & Balance	G 12-12:55 pm Enhance Fitness	A 9 –9:55am Cardio Step Together
A 12-12:55 pm Str Train Together	A 12 – 12:45 pm Barre Core Fusion	A 12 – 12:55 pm Str Train Together	A 12 – 12:30pm Core	A 12-12:55 pm Str Train Together	W 10-10:55 am Yoga (G/M )
W 1:30-2:30 pm Yoga Chronic Pain (G)		W 1:30-2:30 pm Yoga Chronic Pain (G)	A 12:30 – 1 pm HITT		A 10 –10:55 am Str Train Together
A 4:05-4:55 pm Active Together	W 2-4 pm ROOM CLOSED		W 2-4 pm ROOM CLOSED		
W 4:30-5:15 pm Barre		W 4:30-5:25 pm Barre			
A 5 – 5:30 pm Core	A 4:30-5:25 pm Cardio Step Together		A 4:30-5:25 pm Defend Together	A 4:30-5:25 pm Cardio Step Together	
W 5:30-6:25 pm Yoga (G)	W 5:30-6:25pm Vinyasa Yoga (M)	W 5:30-6:25 Embodyoga (M)	W 5:30-6:25 pm Vinyasa Yoga (M/V)		
G 5:30-6:00 pm Extreme Exertion		G 5:30-6:00 pm Extreme Exertion			
A 5:35 – 6:30 pm Defend Together	A 5:30 – 6:25 pm Zumba	A 5:30-6:25 pm Cardio Step Together	A 5:35-6:30 pm Str Train Together		
	W 6:35-7:30 pm Barre	W 6:35-7:30 pm Pilates	W 6:35-7:30 pm Barre	A 6:30-7:30 pm Hoop Jam First Friday	
A 6:35-7:20 pm POUND	A 6:35-7:30 pm Str Train Together	A 6:35-7:30 pm Zumba			
		A 7:30-9 pm Open Dance			

## YMCA HOURS

Mon-Thur	5 am – 9:30 pm
Friday	5 am – 9 pm
Saturday	7 am-8:30pm
Sunday	8 am-5 pm

A	Adams Room
W	Wellness Center
G	Gym
WR	Weight Room
\$\$	Fees applied

### Yoga Key

G	Gentle
M	Moderate
V	Vigorous

Subject to Change

Updated 2/7/19