



# YMCA GROUP FITNESS SCHEDULE

Begins August 1, 2018

## Monday

5:15am Group Cycling  
5:30am Suspension Fit (Back Half Large Gym)  
8:15am Tabata (Upstairs: Studio B)  
8:30am Water Walking  
10:00am Pilates (Upstairs: Studio A) – begins August 13  
4:30pm HIIT (Large Gym)  
5:30pm Group Cycling

## Tuesday

5:30am MAX Interval Training (Back Half Large Gym)  
8:30am Arthritis Aquatics  
9:00am ZumbaTone (Upstairs: Studio A)  
5:15pm ZumbaTone (Upstairs: Studio A)

## Wednesday

5:30am Suspension Fit (Back Half Large Gym)  
8:15am Tabata (Upstairs: Studio B)  
8:30 Water Walking  
4:30pm HIIT (Large Gym)  
5:30pm Group Cycling

## Thursday

5:30am MAX Interval Training (Back Half Large Gym)  
8:30am Arthritis Aquatics  
9:00am ZumbaTone (Upstairs: Studio A)  
4:30pm Pilates (Upstairs: Studio A) – begins August 16  
5:15 ZumbaTone (Upstairs: Studio A)

## Friday

8:30am Water Walking  
4:30pm Dance2Fit (Upstairs: Studio A)

## Saturday

9:00am HIIT (Large Gym)



## **YMCA EXPRESS GROUP EXERCISE SCHEDULE**

Begins August 1, 2018

### **Monday**

5:15am BodyPump  
8:15am BodyPump  
9:30am Active Older Adults  
5:30pm Kardio Kombat

### **Tuesday**

8:00am Toning  
4:15pm Boot Camp  
5:15pm BodyPump

### **Wednesday**

5:15am BodyPump  
8:15am BodyPump  
9:30am Active Older Adults  
5:30pm Kardio Kombat

### **Thursday**

8:00am Toning  
4:15pm Boot Camp  
5:15pm BodyPump

### **Friday**

8:15am BodyPump  
9:30am Active Older Adults  
5:15 Boot Camp

### **Saturday**

9:00am BodyPump