



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