

Morning/AM Group Exercise Schedule Updated May 4th, 2017.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:15 (G) Boot Camp Jason	5:15-6:15 (B) Group Cycle Kayla	5:15-6:15 (G) Boot Camp Kayla	5:15-6:00 (B) Group Cycle Jessica	
6:30-7:30 (A) Yoga Dori	5:30-6:30 (A) Hsingi-I Joe			*NEW!* 6:30-7:30 (B) Yoga Dori	7:30-8:30 (B) Power Yoga Audrey
	Mindfulness has moved to Thursdays at 8am ----->>		*NEW!* 8:00-8:45 (A) Mindfulness Meditation Nancy		7:30-8:45 (A) Step, Kick, & Pump! Patty
9:00-9:25 (A) Abs, Back, Core!! Shannon	8:40-9:25 (A) Pilates Audrey	9:00 - 10:25 (A) Kickboxing Jessie	8:55-9:25 (sign up!) (B) TRX Angela	8:30-9:25 Now in (B) Zumba Gold & Toning JoAnna	
	9:30-10:30 (G) Boot Camp Jessie	*NEW!* 9:30-10:15 (C3) Parent & Tot Yoga Jenn	9:00-9:55 (A) Bosu Balance Ball Nicole	8:45-9:30 Now in (A) Pilates Nicole	9:00-9:55 (A) WERQ Elizabeth
9:30-10:25 (B) Group Cycle Shannon	9:30-10:25 (A) WERQ Kim R.	9:30-10:30 (B) Power Pilates Nicole	9:30-10:30 (B) Therapeutic Mvmt for Women Anysia	9:30-10:30 (G) Boot Camp Jessie	9:30-10:30 (O) Fresh Air Boot Camp Jessie
9:30-10:25 (A) R.E.D. Warrior Zakia	9:30-10:30 (B) Yoga Audrey	9:30-10:30 (G) Zumba Veronika	*NEW!* 9:30-10:30 (G) STRONG by Zumba Elisa	9:35-10:30 (A) Barre Physique Susan	10:00-11:00 (A) Zumba Debbie
10:30-11:00 (A) Mini Pump Shannon	10:30-11:30 (A) Muscle Pump Shannon	10:30-11:25 (A) WERQ Courtney	10:00-11:00 (A) Lift and Burn Nicole	10:30-11:45 (A) Hot Hula Zakia	
10:30-11:30 (G) Zumba Elisa	10:45-11:45 (B) Yoga Audrey	11:15-11:45 (sign up) Therapeutic TRX Naomie (B)	10:00-11:00 (EP) Hydro-F.I.R.E.! Angela		**Blue boxes are the most recent changes**
11:30-12:25 (sign up) (A) Therapeutic Movement Amanda		11:45-12:15 Reserved for Preschool Drums (A)	10:45-11:45 (B) Basic Yoga Dori		
12:00-12:45 (WP) Aqua Zumba Deb	11:30-12:30 (A) Young At Heart Angela	11:55-12:25 (sign up) Therapeutic TRX Naomie (B)	11:30-12:30 (A) Young At Heart Angela		*** See class location code key on next page! ***

Classes may be changed or cancelled due to lack of participation. Updated Mondays. \$\$= Paid program

Questions? Contact: Jessie Schmedes, Group Fitness Director: jschmedes@family-ymca.org OR by phone at (540) 371-9622 ex. 1072

Afternoon/Evening Group Fitness Schedule updated May 4th, 2017.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30-1:30 (sign up) (A) Therapeutic Movement Amanda		12:30-1:30 (A) Chair Yoga Cristina	12:00-1:00 (B) Parkinsons Health & Well for Men Rich	1:00-2:00 (A) Gentle Yoga Judy	12:30-3:00 (A) Gymnastics \$\$ Anna
1:00-2:00 *new time* (B) Yoga Judy			1:00-2:00 (A) Special Needs Exercise (meets at front desk) Anyisia	*NEW!* 2:00-2:55 (A) Chair Yoga starts 5/12 Cristina	
3:45-4:30 (A) Beginners Tai Chi Nancy W.	4:00-5:00 (A) Gentle Yoga Judy	5:30-6:30 (B) TRX & Bosu Patti		3:00-3:45 (A) Beginner Tai Chi Nancy W.	**Blue boxes are the most recent changes**
4:30-5:25 (A) Tai Chi (int./ advanced) Nancy W.	4:30-5:30 (B) reserved for Special Olympics	5:30-6:25 (A) Zumba Kathy	4:30-5:30 (B) reserved for Special Olympics	3:45-4:15 (A) Qigong (Chi Gung) Nancy W.	
5:30-6:30 (A) MMA Blitz \$\$ Jerome	5:15-6:25 (A) Step Patty	*NEW!* 5:30-6:15 (G) Kidz Fit! (5-12yrs) Zakia	5:15-6:25 (A) Step Patty	4:15-5:00 (A) Tai Chi (int./advanced) Nancy W.	
6:30 Zumba cancelled until further notice	*NEW!* 5:30-6:25 (B) TRX Kelly	6:30-7:25 (B) Family Yoga (5&up) Michelle	*NEW!* 6:00-6:30 (B) TRX Kelly	5:30-6:30 (A) Zumba Happy Hour! Tarif	CLASS LOCATION KEY (RB): Racquetball Court (C3): Classroom 3 (located at end of studio & youth hallway) (WP): Wellness Pool (A): Studio A (B): Studio B (G): Gymnasium (EP): Lap/Exercise Pool (O): Outside/ Pavillion
NEW! 6:30-7:25 (A) WERQ Courtney	6:30-7:30 (B) Power Cycle Kelly	6:30-7:25 (A) Yoga Patty	It's back! 6:35-7:30 Group Cycle (B) Kelly	6:30-7:30 (A) Muay Thai & Dutch Kickboxing Jerome \$\$	
NEW 7:00-8:00 (B) Hot Hula Zakia	6:30-7:25 (A) Barre Physique Kim R.	7:30-8:20 (WP) Aqua Zumba Deb	6:30-7:25 (A) Muscle Pump Carrie		
7:30-8:30 (A) Cardio Kickbox & Tone Julie	7:30-8:30 (A) MixedFit Claudia	7:30-8:30 (A) Kettlebell AMPD Elizabeth	7:30-8:30 (A) Zumba Elisa		
Wednesday FAMILY and KIDZ classes:					
Wednesdays are FAMILY CLASS days! ----->	*NEW!* 9:30-10:15am Parent & Tot Yoga (4 & under) Jenn (C3)	6:30-7:25pm (B) Family Yoga (5 & up) Michelle	*NEW!* 5:30-6:15 (G) Kidz Fit! (5-12yrs) Zakia		

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