the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASS SCHEDULE
SUMMER SESSION
MORNING & EVENING CLASSES
June 29 - September 5, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-9:00 AM	Pickleball	Y-Walk	Y-Walk 1/2 Gym Pickle Ball 1/2 Gym	Y-Walk	Pickleball	
5:30-6:15 AM		Group Cycle		Group Cycle		
7:00-7:45 AM	Yoga		Yoga		Morning Stretch	
8:00-8:45 AM	Y-Pump	Low Aerobic	Zumba Step®	Low Aerobics	Y-Pump	
9:00 - 9:45AM	HIIT		Strong Nation (9:00-9:30AM)		HIIT	
9:00 - 10:00 AM		Beachbody PiYo®		Beachbody PiYo®		
9:00 - 10:15 AM		Rock Steady Boxing		Rock Steady Boxing		
10:15-11:00 AM		Senior Boxing (AP Room)		Senior Boxing (AP Room)		
10:30-11:15 AM	Silversneakers Classic®		Silversneakers Classic®			
5:00-5:30 PM	Strong Nation		Y-Pump			

GROUP FITNESS CLASS SCHEDULE
SUMMER SESSION
ADULT AQUATIC FITNESS CLASSES
June 29 - September 5, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45 AM	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	
9:00-9:45 AM	Aqua Fit	Silversneakers Splash®	Aqua Step	Silversneakers Splash®	Aqua Fit	

BREAK A SWEAT WITH US

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