



GROUP EXERCISE SCHEDULE

Summer 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Fusion Fitness 5:15am			Fusion Fitness 5:15am		
	Dance Fitness 8:15 AM	Fitness Ball 8:15 AM	Zumba 8:15 AM	Fitness Ball 8:15 AM	Dance Fitness 8:15 AM		
		PoundFit 9:00 AM	Yoga 9:15 AM	PoundFit 9:00 AM		Pound Fit 9:30 AM	
	Beginner Zumba 10:00 AM		Line Dancing 10:00 AM		Beginner Zumba 10:00 AM	Yoga 10:15 AM	
		Express Yoga 12:15pm			Express Yoga 12:15pm		
	Body Blast 5:00 PM	Express Yoga Sculpt 5:00	Body Blast 5:00 PM	Express Yoga Sculpt 5:00			
	Step Interval 5:30pm	Pound Fit 5:30 PM	Step Interval 5:30 PM	Pound Fit 5:30 PM	Zumba 5:30 PM		
	Boot Camp 6:30 PM		Boot Camp 6:30 PM				

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday
		Level II—III 8:15 AM		Level II—III 8:15 AM	
	Cycle Level III 12:15 PM		Cycle III 12:15 PM		
		Level II—III 5:00 PM		Level II—III 5:00 PM	
	Cycle Level I-II 5:30 PM		Cycle Level I-II 5:30 PM		

Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Deep Water Aerobics 6:45 AM		Deep Water Aerobics 6:45 AM		
	Water Aerobics 8:00 AM		Water Aerobics 8:00 AM		Water Aerobics 8:00 AM	
	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM	Rusty Hinges 9:00 AM	Rogue H2O 9:00 AM	Rusty Hinges 9:00 AM	Aqua Zumba 9:00 AM
	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM	Deep Water Aerobics 5:30 PM	Aqua Zumba 5:30 PM		

Classes:

Group Exercise class are an valued added benefit for YMCA Members only. Classes are held based on instructor availability. Classes may be cancelled at any time due to illness or vacation.