Group Fitness Class Schedule: 10/01/24 - 10/31/24

(S)- Upstairs Studio

(P)- Pool

(G)- Basketball Gym

(Sp)- Spinning Studio

(Rc)- Racquetball Court

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:

M-F: 6AM-9PM

Sat: 7AM-6PM

Sun: 8AM-6PM

Five participants must be in attendance for class to take place

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15-7:00AM Spin Class (SP) (Don)	7:00-7:45 AM Basketball Fitness Class Lavar (G) PC	6:15-7:00AM Spin Class (SP) (Don)			
7:00-7:45AM Abs & Tone (S) (Don)				7:00-7:45AM Abs & Tone (S) (Don)		
					8:00-8:45AM Spin With Don (SP) (Don)	8:15-9:00AM Sunrise Yoga (S) (Armen)
9:00-9:45AM Silver Splash (P) (Angela)	9:00 - 9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Aqua Zumba (P) (Angela)	9:00-9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Silver Splash (P) (Angela)	9:00-9:45AM Aqua Flex (P) (Tracy)	9:00-9:45AM Spin With Don (SP) (Don)
10:00-10:45AM Zumba Gold (S) (Angela)	10:00 - 10:45AM Water Funk (P) (Offutt)	10:00-10:45AM Silver Sneakers (G) (Angela)	10:00-10:45AM Water Funk (P) (Offutt)	10:00-10:45AM Zumba Gold (G) (Angela)		
		11:00-11:45AM Zumba Toning (G) (Angela)		11:00-11:45AM Super 7 Stretch (S) (Angela)		
12:00- 12:45PM Tai-Chi (S) (Angela)		12:00- 12:45PM Tai-Chi (S) (Angela)		12:00-12:45PM Better Balance (S) (Angela)		
	5:45-6:45PM Abs & Tone (S) (Don)	5:00-5:45PM Teen Holistic Warrior (S) (Offutt)				
6:00-6:45PM Cardio Kickboxing (S) (Kila)		6:00-6:45PM Strong, Sculpted & Flexible (S) (Kila)	6:00-6:45PM Deep Water Cond. (P) (Offutt)			
7:30PM -8:15PM Flex and Flow (Lavar) (G) PC			7:00-7:45PM ZenGravity Yoga (S) (Gilda)			

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