

YMCA Group Exercise Schedule Spring Session April 11th - May 29th

	Cycling	Introduction to Group Ex	Pilates/Tai Chi	Combination	Ageless Fitness/ Silver Sneakers	Sculpting	Zumba/Family	PRIME TIME
Monday			9:35-10:35am Beginner Becky Multi Purpose	5:45-6:45am Power Combo/Circuit Coreen /Marianne Group Ex	9:45-10:45am Ageless Fitness Jeanne Group Ex			
			10:45-11:45am Tai Chi/Yoga Stretch Nancy Multi Purpose					
			5:00-5:55pm Intermediate Nancy Multi Purpose	6:00-7:00pm Abs/Interval Robin Group Ex	12:00-1:00pm Silver Sneakers Nancy Group Ex			
			6:05-7:00pm Beginner Nancy Multi Purpose	NEW TIME! 7:05-7:35 pm Robin (group ex)				
Tuesday	6:00-6:45am Carol Virtual Fitness Room			6:00-6:15pm Abs Holly Group Ex	8:35-9:25am Silver Sneakers Becky Group Ex			
	8:30-9:30am Stacie Virtual Fitness Room			6:15-7:15pm Tae Box Holly Group Ex	9:45-10:45am Ageless Cycling Becky Virtual Fitness Room	9:45-10:45am Ageless Fitness Staff Group Ex		
	7:30-8:15pm Holly Virtual Fitness Room Virtual RIDES!	NEW! NEW! 7:15-8:15pm Intro to Group Ex Tina Group Ex	4:30-5:30pm Mixed Pilates Nancy Multi Purpose		11:00-11:30am ZUMBA GOLD! Becky Multi Purpose			
Wednesday	5:45-6:30am Marianne Virtual Fitness Room		9:35-10:35am Beginner Becky Multi Purpose		9:35-10:35am Ageless Fitness Staff Group Ex	8:30-9:30am Stacie Group Ex		Prime Time Hours 9:00-12:00pm Monday - Thursday 9:00-11:30am Friday 4:00-8:00pm Monday & Wednesday 4:30-8:00pm Tuesday & Thursday 8:20AM - 12:00PM Saturday
			10:45-11:45am Tai Chi/Yoga Stretch Nancy Group Ex		12:00-1:00pm Silver Sneakers Nancy Group Ex		7:15-8:00pm Coreen Group Ex	
	NEW TIME 5:15-6:00pm Carol Virtual Fitness Room		5:00-6:00pm Intermediate Nancy Multi Purpose	6:15-7:10pm Total Body Correen Group Ex				
			6:05-7:05pm Beginner Nancy Multi Purpose					
Thursday	6:00-6:45am Carol Virtual Fitness Room				8:35-9:25am Silver Sneakers Becky Group Ex			
	8:30-9:30am Stacie Virtual Fitness Room	NEW! NEW! 7:15-8:15pm Intro to Group Ex Tina Group Ex	4:30-5:30pm Mixed Pilates Nancy Multi Purpose	6:00-7:15pm Abs/Tae Box Holly Group Ex	9:45-10:45am Ageless Fitness Staff Group Ex			
	7:30-8:15pm Holly Virtual Fitness Room							
Friday				5:45-6:45am Power Combo Coreen Group Ex	9:45-10:45am Ageless Fitness Staff Group Ex	8:30-9:30am Stacie Group Ex	NEW! NEW! 4:30-5:15pm Family Fitness Kate Group Ex	
					11:00-12:00pm Silver Sneakers Nancy Group Ex			
Saturday	8:30-9:15 am PETE Virtual Fitness Room			NEW! 9:15-10:15am Athletic Aesthetics Kevin Group Ex		Please Note: multi purpose = multi purpose room group ex = group exercise room		