the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

MAY 2017

Monday CLOSED 5/29	Tuesday	Wednesday	Thursday
7:30-8:30 am **(S2)** **PILATES** Deb P. 8:30-9:15 am **(S1)** **TABATA INTERVALS** Jen	5:45-6:30 am **(S1)** **INSANITY** Melanie 7:45-8:45 am **(S1)** **PILATES** Jen	7:30-8:15 am **(S1)** **ROCK BOTTOMS** Marit 7:45-8:45 am **(S2)** **RISE-N-SHINE YOGA** Lisa F. 5/3-Erin	5:45-6:30 am **(S1)** **TABATA INTERVALS** Deb 7:30-8:15 am **(S1)** **BARRE** Jen
9:15-10:15 am **(S2)** **TURBO KICK & TONE** Denise-5/1 & 15 Sonya-5/8 & 22	8:45-9:15 am **(S1)** **ONLY ABS** Jen	8:30-9:15 am **(S1)** **CPR-CUT, PUMP, RIP** Cheryl 9:15-10:15 am **(S2)** **INSANITY** Lina	8:15-9:00 am **FIERCE TKO** Lina **(S2)** **POWER PILATES** Jen **(S1)**
9:30-10:30 am **(S1)** **BODY BLITZ** Jen 9:45-10:30 am **(Comm. Room)** **ZUMBA GOLD** Diana 5/8-CANCELED	9:00-9:45 am **(S2)** **PLYOGA** Krista-5/2, 16 & 30 Debbie-5/9 & 23 9:30-10:30 am **(S1)** **HIIT** Cheryl	9:30-10:30 am **(S1)** **STEP** Amy 10:30-11:30 am **(S2)** **AEROBADANCE** Margie	9:15-10:15 am **(S2)** **ZUMBA TONING** Diana 9:15-10:00 am **(S1)** **TABATA BOOT CAMP** Kathy 5/11-Jen
10:45-11:45 am **PILATES** Jen **(S1)** **ZUMBA** Diana **(S2)**	10:00-11:00 am **(S2)** **FABU** Janel 10:30-11:00 am **(S1)** **ONLY ABS** Cheryl	10:45-11:45 am **(S1)** **BARBELL BLAST** Amy 12:00-1:00 pm **(S2)** **MULTI-LEVEL YOGA** Kate	10:45-11:45 am **(S1)** **BARRE*** Margie 12:00-1:00 pm **(S2)** **STRETCH FOR LIFE** Margie
12:00-1:00 pm **BARRE*** Margie **(S1)** 5/1-Baiju **MORE THAN TAI CHI** Kate **(S2)** 1:30-2:30 pm **(S1)** **STRETCH & YOGA** Chelsea	11:15 am-12:00 pm **(S2)** **KETTLE BELLS*** Marit 11:30 am-12:30 pm **(S1)** **INTERMEDIATE YOGA** Lisa 5/2-CANCELED	5:15-6:00 pm **(S2)** **KETTLE BELLS*** Marit 5/3-Amy 6:00-6:50 pm **(S1)** Kali **COUNTRY FUSION**	1:30-2:30 pm **(S1)** **THERAPEUTIC YOGA** Chelsea
4:30-5:30 pm **(S1)** **ZUMBA** Eneida 5/8 & 15-Sonya 5:45-6:45 pm **(S1)** **FABU** Janel	5:15-5:45 pm **(S1)** **ONLY ABS** Amy	6:30-7:30 pm **(S2)** **PILATES** Laura	5:45-6:45 pm **(S1)** **ZUMBA** Angelina 6:00-7:00 pm **(S2)** **STRONG by Zumba** Dalit
6:15-7:15 pm **(S2)** **PILATES** Laura 7:00-8:00 pm **(S1)** **INTERVALS PLUS** Marit-5/1 & 5/15 Dalit-5/8 Denise-5/22	6:00-7:00 pm **STEP** Amy **(S1)** **FABU** Sonya **(S2)** 7:15-8:15 pm **(S1)** **ZUMBA** Jaime	7:00-8:00 pm **(S1)** **PLYOGA** Debbie-5/3, 17 & 31 Danielle-5/10 & 24 7:45-8:45 pm **(S2)** **ZUMBA** Pam 5/10-Liv	7:00-8:00 pm **(S1)** **BARBELL BLAST** Amy 7:15-8:15 pm **(S2)** **ADULT BALLET** Baiju

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4/27/2017

Friday	Saturday	Sunday
7:00-7:45 am **(S1)** **ROCK BOTTOMS** Kathy 7:45-8:15 am **(S1)** **ONLY ABS** Kathy	7:30-8:15 am **(S2)** **TABATA BOOT CAMP** Kathy 5/6-Deb. P	9:00-10:00 am (Track Area) **MARINE BOOT CAMP** Grisson
8:30-9:15 am **(S1)** **Y90** Denise 9:30-10:30 am **TURBO KICK** Denise **(S2)** **STEPS & REPS** Amy **(S1)**	8:15-9:15 am **(S1)** **INSANITY** Lina 5/27-Melanie 8:30-9:15 am **ZUMBA (S2)** Angelina-5/6 Courtney-5/13 Sonya-5/20 & 27	10:00-11:00 am **(S1)** **INTERVALS PLUS** Marit Denise-5/28 10:15-11:15 am **(S2)** **COUNTRY FUSION** Kara
10:45-11:30 am **(S2)** **NEW! FABU** Angelina	9:30-10:30 am **(S1)** (Alternating Classes) **BARBELL BLAST-**Amy 5/13 & 5/27 **TURBO FIRE-**Denise 5/6 & 5/20	11:15 am-12:15 pm **(S1)** **BARBELL BLAST** Amy 5/7-Denise
11:45 am-12:45 pm **(S1)** **GENTLE YOGA/RELAXATION** Chelsea-5/5 & 12 Kate-5/19 & 26	10:45-11:45 am **(S2)** **5/27-CANCELED** **TAI CHI/QIGONG** Wayne **BARRE* (S1)** **5/27-CANCELED** Marit-5/6 & 5/13 Jen-5/20	12:30-1:30 pm **(S2)** **MIXED LEVEL YOGA** Kate
5:00-5:45 pm **(S2)** **STRETCH FOR LIFE** Lisa 5/5-Chelsea 6:00-7:00 pm **(S1)** **MULTI-LEVEL YOGA** Lisa **5/5-CANCELED**	12:00-1:00 pm **(S1)** **STRETCH & YOGA** Chelsea 1:15-2:15 pm **YOGA & STRENGTH** Chelsea	
7:30-8:30 pm **(S1)** **BALLROOM DANCING** Lou/Kathy S.		

SPECIALTY CLASSES

Saturday, May 6	**Bosu Blast**	**Lisa**	**9:30-10:30 am (S2)**
Thursday, May 11	**GROOVE**	**Angelina**	**10:15-11:15 am (S1)**
Thursday, May 18	**HIIT**	**Melanie**	**7:00-8:00 pm (S1)**
Saturday, May 20	**Kettle/Core**	**Amy**	**9:30-10:30 am (S2)**

S1=Studio 1 • S2-Studio 2 • Comm. Room=Community Room

***Sign Up Required**
Must be at least 16 years of age

CANCELED CLASSES:
Tuesday, May 2: Intermediate Yoga at 11:30 am
Friday, May 5: Multi-Level Yoga at 6:00 pm
Monday, May 8: Zumba Gold at 9:45 am
Saturday, May 27: Tai Chi/QiGong at 10:45 am
Saturday, May 27: Barre at 10:45 am

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