

**REGIONAL YMCA**  
**GROUP EXERCISE SCHEDULE**

2 Huckleberry Hill Rd  
Brookfield, CT, 06804



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Strength Training</b> 6:00a-6:30a Shelley <b>STUDIO</b>		<b>Strength Training</b> 6:00a-6:30a Jane <b>STUDIO</b>	<b>Strength Training</b> 6:00a-6:30a Jane <b>STUDIO</b>		
<b>Forever Strong</b> 8:00a-8:45a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Cardio Circuit</b> 8:00a-9:00a Helen <b>GYM</b>	<b>Forever Strong</b> 8:00a-8:45a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Cardio Circuit</b> 8:00a-9:00a Helen <b>GYM</b>		<b>LES MILLS BODYPUMP</b> 8:00a-9:00a Sharon <b>GYM</b>	
<b>Yoga</b> 9:00a-10:00a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Pilates</b> 9:15a-10:15a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Yoga</b> 9:15a-10:15a Patty <b>STUDIO</b> <i>reserve studio spot</i>	<b>Pilates</b> 9:00a-10:00a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Zumba</b> 9:15a-10:15a Dolores <b>STUDIO</b> <i>reserve studio spot</i>	<b>Pilates</b> 9:15a-10:15a Nada <b>STUDIO</b> <i>reserve studio spot</i>	<b>Zumba</b> 9:00a-10:00a Stephanie <b>GYM</b>
<b>LES MILLS BODYPUMP</b> 9:30a-10:30a Laura <b>GYM</b>	<b>High Fitness</b> 9:15a-10:15a Pam <b>GYM</b>	<b>Step</b> 9:15a-10:15a Marisa <b>GYM</b>	<b>Workout with Marisa</b> 9:15a-9:45a Marisa <b>GYM</b>	<b>Kickboxing</b> 9:15a-10:15a Marisa <b>GYM</b>	<b>Dance Party</b> 10:30a-11:30a Mary Lou <b>STUDIO</b> <i>reserve studio spot</i>	<b>Yoga</b> 9:15a-10:15a Leah <b>STUDIO</b> <i>reserve studio spot</i>
<b>Zumba</b> 11:00a-12:00p Stacey <b>GYM</b>		<b>LES MILLS BODYPUMP</b> 10:30a-11:30a Marisa <b>GYM</b>	<b>LES MILLS BODYPUMP EXPRESS 30</b> 9:50a-10:20a Marisa <b>GYM</b>	<b>LES MILLS BODYPUMP</b> 10:30a-11:30a Marisa <b>GYM</b>		<b>Butts and Guts</b> 10:30a-11:30a Blythe <b>STUDIO</b> <i>reserve studio spot</i>
		<b>Active &amp; Strong</b> 11:45a-12:45p Marisa <b>GYM</b>	<b>Zumba</b> 10:30a-11:30a Jody <b>GYM</b>	<b>Active &amp; Strong</b> 11:45a-12:45p Marisa <b>GYM</b>		
<b>Zumba</b> 5:15p-6:15p Alexis <b>STUDIO</b> <i>reserve studio spot</i>	<b>Surge Fit</b> 6:00p-6:45p Pam <b>GYM</b>	<b>Yoga</b> 6:00p-7:00p Leah <b>STUDIO</b> <i>reserve studio spot</i>	<b>Yoga</b> 5:25p-6:25p Trish <b>STUDIO</b> <i>reserve studio spot</i>			
<b>LES MILLS BODYPUMP</b> 6:30p-7:30p Maria <b>GYM</b>	<b>Barre None</b> 6:00p-7:00p Kerry <b>STUDIO</b> <i>reserve studio spot</i>	<b>Strength Training</b> 7:15p-7:45p Jessi <b>STUDIO</b> <i>reserve studio spot</i>	<b>LES MILLS BODYPUMP</b> 6:30p-7:30p Jessi <b>GYM</b>			