

REGIONAL YMCA
GROUP EXERCISE SCHEDULE

2 Huckleberry Hill Rd
Brookfield, CT, 06804



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