REGIONAL YMCA GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Strength Training		Strength Training	Strength Training		
	6:00a-6:30a		6:00a-6:30a	6:00a-6:30a		
	Shelley		Jane	Jane		
	STUDIO		STUDIO	STUDIO		
Forever Strong	Cardio Circuit	Forever Strong	Cardio Circuit			
8:00a-8:45a	8:00a-9:00a	8:00a-8:45a	8:00a-9:00a			
Debbie	Helen	Debbie	Helen			
STUDIO/ZOOM	GYM	STUDIO/ZOOM	GYM	7	LesMills BODYPUMP	7
reserve studio spot	Pilates 9:15a-10:15a	reserve studio spot	Pilates 9:15a-10:15a	Zumba 9:15a–10:15a		Zumba 9:00a-10:00a
Yoga 9:15a–10:15a	Debbie	Yoga 9:15a-10:15a	Debbie	Dolores	8:00a-9:00a Sharon	Stephanie
Debbie	STUDIO/ZOOM	Patty	STUDIO/ZOOM	STUDIO	GYM	GYM
STUDIO/ZOOM	reserve studio spot	STUDIO	reserve studio spot	reserve studio spot	Pilates	Yoga
510010/20014	Step It Up!	510010	reserve statio spot	reserve studio spot	T nates	loga
reserve studio spot	Blythe	reserve studio spot	Workout with Marisa	Surge Fit	9:15a–10:15a	9:15a-10:15a
LesMills BODYPUMP	9:15a-10:15a	Dance Party	9:15a-9:45a	9:15a–10:15a	Nada	Leah
9:30a-10:30a	Blythe	10:30a-11:30a	Marisa	Marisa	STUDIO	STUDIO
Laura	GYM	Mary Lou	GYM	GYM	reserve studio spot	reserve studio spot
GYM		STUDIO	LesMILLS BODYPUMP	LesMILLS BODYPUMP	Dance Party	Butts and Guts
Dance Fitness		reserve studio spot	EXPRESS 30	10:30a-11:30a	10:30a-11:30a	10:30a-11:30a
11:00a-12:00p		Begins April 2	9:50a-10:20a	Marisa	Mary Lou	Blythe
Stacey		Step	Marisa	GYM	STUDIO	STUDIO
GYM		9:15a-10:15a	GYM	Active & Strong	reserve studio spot	reserve studio spot
		Marisa	Zumba	11:45a-12:45p		
		GYM	10:30a-11:30a	Marisa		
		LesMills BODYPUMP	Jody	GYM		
		10:30a-11:30a	GYM			
		Marisa				
		GYM				
		Active & Strong				
		11:45a–12:45p Marisa				
		GYM				
		GIM				
Zumba			Yoga			
5:15p-6:15p			5:15p-6:15p			
Karen			Trish			
STUDIO		Yoga	STUDIO			
reserve studio spot		6:00p-7:00p	reserve studio spot			
LesMills BODYPUMP		Leah	LesMills BODYPUMP	1		
6:30p-7:30p		STUDIO	6:30p-7:30p			
Maria	Barre None	reserve studio spot	Jessi			
GYM	6:00p-7:00p	Strength Training	GYM			
	Kerry	7:15p-7:45p				
	STUDIO	Jessi				
	reserve studio spot	STUDIO				
		reserve studio spot				