## **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<br>BODYPUMP  | 7                            |
| reserve studio spot         | <b>Pilates</b><br>9:15a-10:15a | reserve studio spot         | <b>Pilates</b><br>9:15a-10:15a | <b>Zumba</b><br>9:15a–10:15a |                       | <b>Zumba</b><br>9:00a-10:00a |
| <b>Yoga</b><br>9:15a–10:15a | Debbie                         | <b>Yoga</b><br>9:15a-10:15a | Debbie                         | Dolores                      | 8:00a-9:00a<br>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<br>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<br>BODYPUMP           | LesMILLS<br>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<br>BODYPUMP        | Jody                           | GYM                          |                       |                              |
|                             |                                | 10:30a-11:30a               | GYM                            |                              |                       |                              |
|                             |                                | Marisa                      |                                |                              |                       |                              |
|                             |                                | GYM                         |                                |                              |                       |                              |
|                             |                                | Active & Strong             |                                |                              |                       |                              |
|                             |                                | 11:45a–12:45p<br>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<br>BODYPUMP        |                                | Leah                        | LesMills<br>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         |                                |                              |                       |                              |
|                             |                                |                             |                                |                              |                       |                              |
|                             |                                |                             |                                |                              |                       |                              |
|                             |                                |                             |                                |                              |                       |                              |