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	Kerry		
	STUDIO		STUDIO	STUDIO		
Forever Strong	Cardio Circuit	Forever Strong	Cardio Circuit		Lesmille BODYPUMP	
8:00a-8:45a	8:00a-9:00a	8:00a-8:45a	8:00a-9:00a		8:00a-9:00a	
Debbie	Helen	Debbie	Helen		Sharon	
STUDIO/ZOOM	GYM	STUDIO/ZOOM	GYM		GYM	
reserve studio spot	Pilates	reserve studio spot	Pilates	Zumba	Pilates	Zumba
Yoga	9:15a–10:15a	Yoga	9:15a–10:15a	9:15a–10:15a	9:15a–10:15a	9:00a-10:00a
9:15a-10:15a	Debbie	9:15a–10:15a	Debbie	Dolores	Nada	Stephanie
Debbie	STUDIO/ZOOM	Patty	STUDIO/ZOOM	STUDIO	STUDIO	GYM
STUDIO/ZOOM	reserve studio spot	STUDIO	reserve studio spot	reserve studio spot	reserve studio spot	Yoga
reserve studio spot	Step It Up!	reserve studio spot	Workout with Marisa	Surge Fit	Dance Party	9:15a-10:15a
LESMILLS BODYPUMP	9:15a–10:15a	Dance Party	9:15a–9:45a	9:15a-10:15a	10:30a-11:30a	Leah
9:30a-10:30a	Blythe	10:30a-11:30a	Marisa	Pam	Mary Lou	STUDIO
Laura	GYM	Mary Lou	GYM	GYM	STUDIO	reserve studio spot
GYM		STUDIO	LesMills BODYPUMP	LesMILLS BODYPUMP	rereserve studio spot	Butts and Guts
Dance Fitness		reserve studio spot	EXPRESS 30	10:30a-11:30a		10:30a-11:30a
11:00a-12:00p		Step	9:50a-10:20a	Marisa		Blythe
Stacey		9:15a-10:15a	Marisa	GYM		STUDIO
GYM		Marisa	GYM	Active & Strong		reserve studio spot
		GYM	Zumba	11:45a-12:45p		
		Lesmills BODYPUMP	10:30a-11:30a	Marisa		
		10:30a-11:30a	Jody	GYM		
		Marisa	GYM	0.111		
		GYM	GIM			
		Active & Strong				
		11:45a-12:45p				
		Marisa				
		GYM				
		GIM				
Zumba			Yoga			
5:15p-6:15p			5:25p-6:25p			
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	-	1		
	STUDIO	Pam				
	reserve studio spot	STUDIO				
		reserve studio spot				
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