REGIONAL YMCA
GROUP EXERCISE SCHEDULE

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 Kerry **STUDIO**		
Forever Strong 8:00a–8:45a Debbie **STUDIO/ZOOM** *reserve studio spot*	**Cardio Circuit** 8:00a–9:00a Helen **GYM**	**Forever Strong** 8:00a–8:45a Debbie **STUDIO/ZOOM** *reserve studio spot*	**Cardio Circuit** 8:00a–9:00a Helen **GYM**		**BODYPUMP** 8:00a–9:00a Sharon **GYM**	
Yoga 9:15a–10:15a Debbie **STUDIO/ZOOM** *reserve studio spot*	**Pilates** 9:15a–10:15a Debbie **STUDIO/ZOOM** *reserve studio spot*	**Yoga** 9:15a–10:15a Patty **STUDIO** *reserve studio spot*	**Pilates** 9:15a–10:15a Debbie **STUDIO/ZOOM** *reserve studio spot*	**Zumba** 9:15a–10:15a Dolores **STUDIO** *reserve studio spot*	**Pilates** 9:15a–10:15a Nada **STUDIO** *reserve studio spot*	**Zumba** 9:00a–10:00a Stephanie **GYM**
BODYPUMP 9:30a–10:30a Laura **GYM**	**Step It Up!** 9:15a–10:15a Blythe **GYM**	**Dance Party** 10:30a–11:30a Mary Lou **STUDIO** *reserve studio spot*	**Workout with Marisa** 9:15a–9:45a Marisa **GYM**	**Surge Fit** 9:15a–10:15a Pam **GYM**	**Dance Party** 10:30a–11:30a Mary Lou **STUDIO** *rereserve studio spot*	**Yoga** 9:15a–10:15a Leah **STUDIO** *reserve studio spot*
Dance Fitness 11:00a–12:00p Stacey **GYM**		**Step** 9:15a–10:15a Marisa **GYM**	**BODYPUMP EXPRESS 30** 9:50a–10:20a Marisa **GYM**	**BODYPUMP** 10:30a–11:30a Marisa **GYM**		**Butts and Guts** 10:30a–11:30a Blythe **STUDIO** *reserve studio spot*
		BODYPUMP 10:30a–11:30a Marisa **GYM**	**Zumba** 10:30a–11:30a Jody **GYM**	**Active & Strong** 11:45a–12:45p Marisa **GYM**		
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Zumba 5:15p–6:15p Karen **STUDIO** *reserve studio spot*			**Yoga** 5:25p–6:25p Trish **STUDIO** *reserve studio spot*			
BODYPUMP 6:30p–7:30p Maria **GYM**	**Barre None** 6:00p–7:00p Kerry **STUDIO** *reserve studio spot*	**Yoga** 6:00p–7:00p Leah **STUDIO** *reserve studio spot*	**BODYPUMP** 6:30p–7:30p Jessi **GYM**			
		Strength Training 7:15p–7:45p Pam **STUDIO** *reserve studio spot*				