

Y GROUP EXERCISE ROOM SCHEDULE

BLUE = MINI GYM

GREEN = STUDIO 2

Monday

6 am Zumba
9:35 am Group Strength Training
10:35 am Silver Sneakers MSROM
12:05 pm Boot Camp Express
4:35 pm Cardio Circuit Training
5:35 pm Jazzercise
5:30 pm Youth-Fit: Non Carpeted Room
5:30 pm Pilates (Beginner/Intermediate)
6:45 pm Hatha Yoga Basics

Tuesday

6:00 am Sunrise Yoga Stretch
9:00 am BOSU Circuit Training
10:00 am Fit For Life
12:05 pm YogaFit
4:25 pm Jazzercise
5:30 pm Zumba
5:35 pm Pilates (Intermediate/Advanced)
6:40 pm Abs, Back, Buns & Stretch
7:30 pm Middle Eastern Dance

Wednesday

6 am Zumba
9:35 am Group Strength Training
10:35 am Silver Sneakers MSROM
12:05 pm Boot Camp Express
4:35 pm Cardio Circuit Training
5:35 pm Jazzercise
5:30 pm Youth-Fit: Non Carpeted Room
5:30 pm Pilates (Beginner/Intermediate)
6:45 pm Hatha Yoga Basics

Thursday

6:00 am Sunrise Yoga Stretch
10:00 am Fit For Life
12:05 pm YogaFit
4:25 pm Jazzercise
5:30 pm Zumba
5:35 pm Pilates (Intermediate/Advanced)
6:40 pm Abs, Back, Buns & Stretch

Friday

5:30 pm Step Aerobic Training
6:30 pm Zumba

Saturday

8:15 am Jazzercise
10:00 am Zumba Gold

Sunday

1:00 pm Jazzercise Body Sculpting
2:00 pm Zumba
3:05 pm ABBS Express

Y Group Cycling Schedule

Located in Cycling Room

Monday

6 am
8:30 am
5:35 pm

Thursday

6 am
8:30 am
4:35 pm
5:35 pm

Tuesday

6 am
8:30 am
4:35 pm
5:35 pm

Friday

6:00 am
8:30 am
12:10 pm

Wednesday Saturday

6 am
8:30 am
5:35 pm

Sunday

2:00 pm

Intro to Group Cycling:

6:45 pm:

Wed., Nov. 9 / Mon., Nov. 28

Please see separate schedule
for Water Exercise Classes.