

# Y GROUP EXERCISE ROOM SCHEDULE

BLUE = MINI GYM

GREEN = STUDIO 2

RED = STUDIO 1 (racquetball court 1)

## 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  
 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 Group Strength Training  
 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  
 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 Group Strength Training  
 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

6 am  
 8:30 am  
 5:35 pm

### Saturday

8:30 am

### Sunday

2:00 pm

Intro to Group Cycling:

6:45 pm:

Mon, Oct 10 / Wed, Oct 19

Please see separate schedule for Water Exercise Classes.