

Group Exercise Studio Schedule

NEW FALL SCHEDULE (Starting Aug. 23rd)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15 AM		Cycling + Ty - B		Cycling + Christine - B			5:15 AM
8:00 AM					Y Gentle Yoga Deborah - C	Cycling + Lauren - B Step Stacy/Wendy - A	8:00 AM
8:30 AM	Yoga-Intermediate Susan - C Step & Strength Stacy - A	Y Zumba Deann - A Outdoor Fitness Coree - A	Yoga-Intermediate Susan - A	Y Zumba Lorlei - A Outdoor Fitness Heidi - A	Kickboxing Stacy - A		8:30 AM
8:45 AM		*Music Together Nina - C					8:45 AM
9:00 AM	Cycling + Heather - B	Fitness Orientation Colleen - Lobby	Cycling/Core Cindy - B		Cycling Deborah - B	Core / Flex Coree - A	9:00 AM
9:30 AM	Flex Lauri/Coree - A	Cycling/Core Melissa - B Cardio-Strength Shelly - A Pilates Deana - C	Plyo / Flex Melissa - A	Cycling + Coree - B Cardio Combo Lauri - A Pilates Cindy - C	Step & Strength Heidi - A		9:30 AM
10:00 AM	Y Core Michelle 30 mins - C		Y Tone & Sculpt Cindy 30 mins - C		Abs/Buns/Thighs Y 30 min Melissa - B	Yoga-Advanced 75 min. Brandie - A	10:00 AM
10:30 AM	*Itty Bitty Ballet 30 min. Brandy - A	Yoga-Intermediate Deborah - A		Yoga-Intermediate Juli T. - A	Flex Jamie - A		10:30 AM
11:30 AM	SilverSneakers®I 45min. Jamie - A	AOA-Cardio/Strength Jan - A	Senior Explosion 45min. Heidi - A	AOA-Cardio/Strength Jan - A	SilverSneakers®I 45min. Jamie - A		11:30 AM
12:00 PM						*Brazilian Ju Jitsu 90 mins Jeff - B (Adults)	12:00 PM
12:15 PM	AOAYogaStretch 45min. Deana - A		AOA-Stretch 45 min Heidi - A		AOA-YogaStretch 45min Deana - A		12:15 PM
1:00 PM						*Violin Matt - A *Music Together Nina - C	1:00 PM
3:30 PM				*Music Together Nina - C			3:30 PM
4:00 PM		*Brazilian Ju Jitsu 60 mins Jeff - B (Kids)		*Brazilian Ju Jitsu 60 mins Jeff - B (Kids)			4:00 PM
5:30 PM	Flex 45 min. Coree-A Yoga-Intermediate Stacey Z. - C	Y Tone & Sculpt Michelle 45 mins - A	Flex 45 min, Heather-A Yoga-Beginner Y Rachel - C	Y Cardio-Strength Michelle 45 mins - A			5:30 PM
6:00 PM		*Brazilian Ju Jitsu 90 mins Jeff - B (Adults) Fitness Orientation Tierni - Lobby	Tween Cycle (Starts Sept. 1) 45 min. Jodie - B	*Brazilian Ju Jitsu 90 mins Jeff - B (Adults)			6:00 PM
6:30 PM	Y Zumba Shana - A Cycling Christine - B Y Stability Ball Deana - C	*Tai Chi See Flyer For Details Yin Yoga Michelle - A	Lose Weight, Be Healthy (Starts Sept. 8) Heather. - A Cycling + Julie H. - B Pilates Sherry - C	Y Zumba Tone Shana - A Yoga-Intermediate Rachel - C	*Tai Chi See Flyer For Details		6:30 PM

* Please note: Classes with an " * " are fee based and require registration.

Y New to group exercise? Try a class with a Y-Logo Y

A=Group Exercise Studio

B=Multipurpose Studio

C=Open Multipurpose Studio