



GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						
7:00 AM						
	7:00 Pilates 60 min FR Deborah	7:00 Hatha Yoga 60 min SC Mahesh	7:00 Cycle Fusion 45min FS Ashley			
7:45 Y-B FIT 60 min FR Sandy		7:45 Y-B FIT 60 min FR Sandy		7:45 Y-B FIT 60 min FR Sandy		
8:00 AM						
8:00 Hatha Yoga 60 min SC Mahesh	8:00 Gentle Stretch 60 min FR Lazsher	8:00 Tabata 60 min G Peggy Sue	8:00 Pilates 60 min FR Deborah	8:00 BootCamp 60 min G Ashley	8:00 Hatha Yoga 60 min SC Mahesh	
8:00 Tabata 60 min G Peggy Sue			8:00 Cardio Core & More 60 min G Peggy Sue		8:00 Total Body Blast 45 min FR Shera/Clark	
8:15 Express Strength Training 45 min SG Lazsher		8:15 Express Strength Training 45 min SG Lazsher				
9:00 AM						
9:00 Cardio Dance 60 min FR Lindsey	9:00 Cardio, Core & More 60 min FR Ashley	9:00 Cardio Dance 60 min FR Lindsey	9:00 TurboKick @ 60 min FR Katie	9:00 Cardio Dance 60 min FR Lindsey	9:00 Zumba@/ Cardio Dance 60 min FR Vicky/Deanna	
10:00 AM						
					10:00 Mommy & Me Yoga 60 min FR Lazsher	10:00 Gentle Stretch 60 min FR Lazsher
10:30 Building Fit Friends 60 min FR Nancy	10:30 Silver Sneakers Classic@ 60 min FR Deborah	10:30 Building Fit Friends 60 min FR Nancy	10:30 Silver Sneakers Classic@ 60 min FR Deborah	10:30 Building Fit Friends 60 min FR Nancy		
11:00 AM						
	11:30 Silver Sneakers Cardio 60 min FR Deborah		11:30 Silver Sneakers Cardio 60 min FR Nancy			11:00 Zumba@ 60 min FR Vicky
11:45 Low Impact Cardio 60 min FR Kay		11:45 Low Impact Cardio 60 min FR Kay				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00PM						
	Open Pickle Ball 12p-3p Both gyms		Open Pickle Ball 12p-3p Both gyms	12:00 Silver Sneakers Classic® 60 min FR Deborah		
1:00PM						
				1:15 Low Impact Cardio 60 min FR Kay		
4:00 PM						
4:30 Pilates 60 min FR Kerbi	4:30 Low impact Circuit 45 min FR Kerbi	\$ 4:30 Fitness Studio Circuit 45 min FS Ashley	4:30 Low impact Circuit 45 min FR Kerbi			
5:00 PM						
5:30 Tabata Interval Training 60 min FR Peggy Sue	5:30 TurboKick® 60 min FR Katie	5:30 Tabata Interval Training 60 min FR Peggy Sue	5:30 Barre Intensity 60 min FR Kerbi	5:30 Strength & Tone 60 min FR Lazsher		
6:00 PM						
	\$ 6:00 Fitness Studio Circuit Training 45 min FS Ashley					
6:30 30/30 60 min FR Janna	6:30 Zumba 60 min FR Vicky	6:30 Total Body Blast 50min FR Ashley	6:30 30/30 60 min FR Janna			
6:30 Beginner Yoga 60 min SC Yolanda		6:30 Beginner Yoga 60 min SC Yolanda				
7:00 PM						

KEY: FR=FITNESS ROOM G=GYM SC=SENIOR CENTER DSP=Dune State Park \$= Paid Class RBC= RAQUET BALL COURTS FS= FITNESS STUDIO CC= CARDIO CENTER *** The YMCA instructors reserve the right to cancel or change a class if minimum participation (3) is not met.

RED=INTERMEDIATE/ADVANCED YELLOW=ACTIVE OLDER ADULTS PURPLE= Summer Camp GREEN=MULTI LEVEL/BEGINNER FRIENDLY POOL= ALL LEVELS PINK=DUNES STATE PARK Turquoise= OUTDOOR