



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

May 1st – May 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b>						
			6:00 TurboKick® 45 min FR Katie			
<b>7:00 AM</b>						
7:45 Y-B FIT 60 min FR Sandy	7:00 Pilates 60 min FR Deborah	7:45 Y-B FIT 60 min FR Sandy		7:45 Y-B FIT 60 min FR Sandy		
		7:00 Hatha Yoga 60 min SC Mahesh				
<b>8:00 AM</b>						
8:15 Strength & Tone 50 min G Vicky	8:15 Circuit Training 45 min G Peggy Sue	8:15 Strength & Tone 50 min G Ashley	8:00 Pilates 60 min FR Deborah	8:00 BootCamp 60 min G Ashley/Peggy Sue	8:00 Hatha Yoga 60 min SC Mahesh	
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 INSANITY 45 min FR Shera/Clark	
8:00 Tabata 60 min G Peggy Sue						
<b>9:00 AM</b>						
9:00 Zumba® 60 min FR Vicky	9:00 Cardio, Core & More 60 min FR Ashley	9:00 Zumba® 60 min FR Lindsey	9:00 30/30 60 min FR Vicky	9:00 Zumba® 60 min FR Lindsey	9:00 Zumba® 60 min FR Amy	
<b>10:00 AM</b>						
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		10:00 Zumba® 60 min FR Aimee
<b>11:00 AM</b>						
11:45 Aged for Action 60 min FR Kay	11:30 Silver Sneakers Cardio @ 60 min FR Deborah	11:45 Aged for Action 60 min FR Kay	11:30 Silver Sneakers Cardio @ 60 min FR Nancy			

KEY: FR=FITNESS ROOM G=GYM SC=SENIOR CENTER DSP=Dune State Park \$= Paid Class RBC= RAQUET BALL COURTS 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= OUTDOOR GREEN=MULTI LEVEL/BEGINNER FRIENDLY POOL= ALL LEVELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>12:00PM</b>						
				12:00 Silver Sneakers Classic® 60 min FR Deborah		
<b>4:00 PM</b>						
4:15 Pilates 60 min FR Kerbi		4:15 Pilates 60 min FR Kerbi		5:00 Strength & Tone 60 min Aimee		
<b>5:00 PM</b>						
	5:30 TurboKick ® 60 min FR Katie	5:15 Strength & Tone 45 min FR Aimee	5:00 Indoor Cycle 60 min CR Aimee	6:00 Express Abs 30 min FR Aimee		
5:30 Strength & Tone 60 min FR Linda			6:00 Weight training 30 min FR Vicky			
<b>6:00 PM</b>						
6:30 Zumba ® 60 min G Aimee	6:30 Zumba® 60 min FR Vicky	6:00 Express Abs 30 min FR Aimee	6:30 Zumba® 60 min FR Vicky			
6:30 Yoga 60 min FR Yolanda		6:30 Yoga 60 min FR Yolanda				

**NEW summer hours starting May 30th 2017– until further notice**

**Summer Duneland Y Hours of operation:**

**Monday– Friday: 5:00am to 9:00pm**

**Saturday: 7:00am to 4:00pm**

**Sunday: 12:00am to 4:00pm**

**Summer Fun Zone Hours of operation:**

**Monday - Thursday: 8:00am to 11:00am & 4:00pm to 8:00pm**

**Friday & Saturday: 8:00am to 11:00am ONLY**

**Sunday: Closed for the summer**