



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

January 1st– January 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						
			6:15 INSANITY 45 min FR Shera			
7:00 AM						
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	**7:00 Barre Intensity 60 min FR Kerbi	7:45 Y-B FIT 60 min FR Sandy		
		7:00 Hatha Yoga 60 min SC Mahesh				
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 INSANITY 45 min FR Shera/Clark	
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@ 60 min FR Aimee	
10:00 AM						
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 Mommy & Me Yoga 60 min FR Lazsher	10:00 Gentle Stretch 60 min FR Lazsher
11:00 AM						
11:45 Low Impact Cardio 60 min FR Kay	11:30 Silver Sneakers Cardio 60 min FR Deborah	11:45 Low Im- pact Cardio 60 min FR Kay	11:30 Silver Sneakers Cardio 60 min FR Nancy			



INTENSE SHAPE. INTENSE YOU.



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						
4:15 Pilates 60 min FR Kerbi	4:30 Low Impact Circuit 45 min FR Kerbi	4:15 Pilates 60 min FR Kerbi				
5:00 PM						
5:30 H.I.I.T 60 min FR Peggy Sue	5:30 TurboKick® 60 min FR Katie	5:10 Strength & Tone 60 min FR Aimee	5:00 Indoor Cycle 60 min SC Aimee	5:30 Total Body Circuit 60 min FR Lazsher		
6:00 PM						
6:30 Total Body Strength 60 min FR Lazsher	6:30 Zumba® 60 min FR Aimee	6:10 Express Abs 20 min FR Aimee	6:00 30/30 60 min FR Janna			
6:30 Beginner Yoga 60 min SC Yolanda		6:30 Beginner Yoga 60 min SC Yolanda				
		**6:30 Barre Intensity 60 min FR Kerbi				
7:00 PM						

Sign-in sheet system for classes marked **

1: Sign up sheet will be outside of the fitness room 15 min. prior to class starting time. Only one name can be recorded per person.

2: The instructor will pick up the list prior to class start time and will call members by name in the order they signed in on the sheet. If you are not in the fitness room when class begins, your spot will not be held.

3: All open spots at the class start time are first come, first serve.

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= Summer Camp GREEN=MULTI
LEVEL/BEGINNER FRIENDLY POOL= ALL LEVELS PINK=DUNES STATE PARK Turquoise= OUTDOOR