



GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

August 1st – August 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						
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		7:45 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 Aqua Aerobics 60 min Pool Kay	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	
			8:00 Aqua Aerobics 60 min Pool Kay			
9:00 AM						
9:00 Zumba® 60 min FR Lindsey	9:00 Cardio, Core & More 60 min FR Ashley	9:00 Zumba® 60 min FR Lindsey	9:00 TurboKick ® 60 min FR Katie	9:00 Zumba® 60 min FR Lindsey	9:00 Zumba® 60 min FR Aimee	9:00 Beach Yoga 60min DSP Yolanda \$\$
9:00 Aqua Aerobics 60 min Pool Deb	9:30 Camp fit- ness 90 min NG Katie		9:00 Beach Yoga 60min DSP Carensa \$\$	9:30 Camp fit- ness 90 min NG Katie		
	9:00 Beach Yoga 60min DSP Carensa \$\$					
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 Aqua Aerobics 60 min Pool Deb				
11:00 AM						
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 Deborah			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00PM						
				12:00 Silver Sneakers Classic® 60 min FR Deborah		
4:00 PM						
4:15 Pilates 60 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			
6:00 PM						
6:30 Zumba® 60 min FR Aimee	6:30 Zumba® 60 min FR Aimee	6:10 Express Abs 20 min FR Aimee	6:30 Zumba® 60 min FR			
6:30 Yoga 60 min SC Yolanda		6:30 Yoga 60 min SC Yolanda				
7:00 PM						
			7:00 Beach Yoga 60min DSP Yolanda \$\$			

Coming Soon!

BARRE
INTENSITY

INTENSE SHAPE. INTENSE YOU



Choose to Lose

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

