



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

September 1st– September 30th

| 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 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 Hip Hop Dance 60 min FR Lindsey | 9:00 Cardio, Core & More 60 min FR Ashley | 9:00 Hip Hop Dance 60 min FR Lindsey | 9:00 TurboKick @ 60 min FR Katie | 9:00 Hip Hop 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 | | |
| 11:00 AM | | | | | | |
| 11:45 Cardio Dance Basics 60 min FR Kay | 11:30 Silver Sneakers Cardio 60 min FR Deborah | 11:45 Cardio Dance Basics 60 min FR Kay | 11:30 Silver Sneakers Cardio 60 min FR Deborah | | | |

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|----------------------------------|---------------------------------|--------------------------------------|-----------------------------------|--|----------|--------|
| 12:00PM | | | | | | |
| | | | | 12:00 Silver Sneakers Classic® 60 min FR Deborah | | |
| 4:00 PM | | | | | | |
| 4:15 Pilates 60 min FR Kerbi | 4:30 INSANITY® 45 min FR Ashley | 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 30/30 60 min FR Janna | | | |
| 6:30 Yoga 60 min SC Yolanda | | 6:30 Yoga 60 min SC Yolanda | | | | |
| 7:00 PM | | | | | | |
| | | | | | | |

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

