



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – DUNELAND FAMILY YMCA

March 1st – March 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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						
8:15 Strength & Tone 50 min G Ashley	8:00 Choose to Train \$ \$ 45 min NG Ashley	8:15 Strength & Tone 50 min G Ashley	8:00 Pilates 60 min FR Deborah	8:00 BootCamp 60 min G Ashley	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	
8:00 Tabata 60 min G Peggy Sue			8:00 Choose to Train \$ \$ 45 min NG			
9:00 AM						
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	
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 Zumba® 60 min FR Aimee
11:00 AM						
	11:30 Silver Sneakers Cardio® 60 min FR Deborah		11:30 Silver Sneakers Cardio® 60 min FR Nancy			11:00 Indoor Cycle 60 min CR Aimee

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
12:00PM						
12:00 Strength & Tone Express 45 min FR Vicky				12:00 Silver Sneakers 60 min FR Deborah		
				12:00 Strength & Tone Express 45 min FR Vicky		
4:00 PM						
4:15 Pilates 60 min FR Shanna		4:15 Pilates 60 min FR Shanna		5:00 Strength & Tone 60 min Aimee		
5:00 PM						
5:30 Yoga 60min SC Mahesh	5:30 Strength & Tone 60 min FR Shanna	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			
6:00 PM						
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 Cycle/ Bootcamp Fusion 60 min CR Clark		
6:30 Yoga 60 min FR Yolanda		6:30 Yoga 60 min FR Yolanda				