



## GROUP EXERCISE SCHEDULE

# January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5&amp;6:00 AM</b>						
	5:45 Cycle 45 min LDFS Kayla		5:45 Cycle 45 min LDFS Kayla			
<b>7:00 AM</b>						
	7:00 Pilates 60 min FR Deborah					
7:45 Y-B FIT 60 min SC Sandy		7:45 Y-B FIT 60 min SC Sandy		7:45 Y-B FIT 60 min SC Sandy		
<b>8:00 AM</b>						
8:00 Low Impact Cardio 60 min FR Kay	8:00 Hatha Yoga 90 min SC Mahesh	8:00 Low Impact Cardio 60 min FR Kay	8:00 Pilates 60 min SC Deborah	8:00 Low Impact Cardio 60 min FR Kay	8:00 Hatha Yoga 60 min SC Mahesh	
8:00 Tabata 60 min NG Jill	8:00 **Barre 60 min FR Vicky	8:00 Tabata 60 min NG Ashley	8:00 Barre 60 min FR Vicky	8:00 BootCamp 60 min SG Ashley	8:00 Total Body Blast 60 min FR Clark	
8:00 Strength Training 60 min SG Vicky		8:00 Express Strength Train- ing 60 min SG Vicky	8:00 Cardio Core & More 60 min SG Ashley	8:00 Strength Training 60 min SG Jill		
<b>9:00 AM</b>						
9:00 Zumba @ 60 min FR Jessica	9:00 Cardio, Core & More 60 min SG Ashley	9:00 Cardio Dance 60 min FR Lindsey	9:00 Turbo Kick 60 min FR Katie	9:00 Cardio Dance 60 min FR Lindsey	9:00 Zumba@/ Cardio Dance 60 min FR Rotate	
9:15 Yoga (gentle stretch) 60 min RBC Jill	9:00 Strength and Tone 60 min FR Jill			9:15 Yoga (gentle stretch) 60 min RBC Jill		
<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 Vicky
<b>11:00 AM</b>						
	11:30 Silver Sneakers Cardio 60 min FR Deborah		11:30 Silver Sneakers Cardio 60 min FR Nancy			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>12:00PM</b>						
	12:30 Strength & Stretch 60 min FR Vicky			12:00 Silver Sneakers Classic® 60 min FR Deborah (No class on 1/16/19)		
<b>1:00PM</b>						
				1:15 BOOM® 60 min FR Deborah (No class on 1/16/19)	★ 1:00 Ball Room Dance 60 min FR Jonathan \$	
<b>4:00 PM</b>						
			4:00 BOOM® 60 min FR Deborah			
<b>5:00 PM</b>						
5:30 All Level Circuit Training 60 min FR Kerbi	5:30 TurboKick 60 min FR Katie	5:30 Pilates 60 min FR Kerbi	5:30 **Barre 60 min FR Kerbi			
5:30 **Yoga 60 min SC Andrew	5:30 Circuit Strength Training 60 min LDFS Peggy Sue		5:30 Circuit Strength Training 60 min LDFS Peggy Sue			
<b>6:00 PM</b>						
6:30 Step & Tone Fusion 60 min FR Amy	6:30 Zumba 60 min FR Vicky	6:30** Barre 60 min FR Vicky	6:30 Zumba 60 min FR Vicky			
	6:30 Cycle Fusion 45 min LDFS Jill	6:30 Beginner Yoga 60 min SC Yolanda				
<b>7:00 PM</b>						
7:00 Beginner Yoga 60 min SC Yolanda						
★ 7:30 Latin Dance 60 min FR Jonathan \$						

★ = NEW CLASS/NEW TIME

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 reg. at Welcome Center/ DSP LDFS= FITNESS STUDIO  
CC= CARDIO CENTER RBC= RAQUET BALL\*\*\* 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 = GREEN=MULTI LEVEL/BEGINNER FRIENDLY POOL= ALL LEVELS PINK=DUNES STATE PARK Turquoise= OUTDOOR