



GROUP EXERCISE SCHEDULE DUNELAND FAMILY YMCA

Effective 9-1-19

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THURS	FRI	SAT
FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am	FUN ZONE HRS: 8am-11am
Y - B Fit 7:45 Sandy (SC)		Y - B Fit 7:45 Sandy (SC)		Y - B Fit 7:45 Sandy (SC)	Hatha Yoga 8:00 Mahesh (SC)
Low Impact Cardio 7:40 Kay (FR)	**BODYPUMP® 6:00 Michelle (FR)	Low Impact Cardio 7:40 Kay (FR)	**BODYPUMP® 6:00 Michelle (FR)	Low Impact Cardio 7:40 Kay (FR)	Total Body Blast 8:00 Clark (FR)
Strength Training 8:00 Vicky	Pilates 7:00 Deborah (FR)	Strength Training 8:00 Vicky	Pilates 8:00 Deborah (SC)	**BODYPUMP® 8:30 Jill (FR)	Zumba/Cardio Dance 9am Rotating (FR)
**BODYPUMP® 8:30 Jill (FR)	Hatha Yoga 8:00 Mahesh	**BODYPUMP® 8:30 Jill	Barre 8:00 Vicky	Bootcamp 8:15 Liz	**BODYPUMP® 10:00 Michelle/Heather (FR)
Tabata 8:15 Liz (NG)	Barre 8:00 Vicky (FR)	Tabata 8:15 Ashley (NG)	Cardio, Core & More 9:00 Ashley (SG)	Cardio Dance 9:30 Lindsey (FR)	
Zumba 9:30 Jessica	Cardio, Core & More 9am Ashley SG)	Cardio Dance 9:30 Lindsey (FR)	Turbo Kick 9:00 Katie (FR)		SUN
Yoga Gentle Stretch 10:00 Jill (SC)	Turbo Fusion 9:00 Katie (FR)	Line Dancing 10:00 Vicky (NG)		Building Fit Friends 10:45 Nancy (FR)	FUN ZONE HRS: 10am-1pm
Building Fit Friends 10:45 Nancy (FR)	SS Classics 10:30 Deborah (FR)	Yoga Gentle Stretch 10:00 Jill (SC)	SS Classic 10:30 Deborah (FR)	SS Classic 12:00 Deborah	Zumba 10:00 Vicky /
	SS Cardio 11:30 Deborah (FR)	Building Fit Friends 10:45 Nancy (FR)	SS Cardio 11:30 Nancy (FR)		
FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	FUN ZONE HRS: 4pm-8pm	
Insanity 4:30 Ashley	**BODYPUMP® 4:45 Heather	WERQ® 4:30 Michelle	**BODYPUMP® 4:45 Rotating	Insanity 4:30 Liz	
Low Impact Circuit 5:30 Kerbi	Turbo Kick 5:30 Katie	Bootcamp 5:30 Kerbi (FR)	Barre 5:30 Kerbi (FR)		
Yoga 5:30 Andrew	Zumba 6:30 Vicky (FR)	**BODYPUMP® 6:30 Michelle (FR)	Zumba 6:30 Vicky (FR)		
**BODYPUMP® 6:30 Jill/Ashley (FR)		Beginner Yoga 6:30 Yolanda	Cycle Fusion 6:30 Kerbi (LDFS)		
Beginner Yoga 7:00 Yolanda (SC)					

CARDIO	DANCE
MIND/BODY	STRENGTH
CYCLE	ACTIVE OLDER ADULTS

Classes marked Have limited space available: Check in at the Welcome Center Desk no earlier than 10 minutes prior to the scheduled start time of class. Welcome Center Staff will assign you a number tag to secure your class spot. Only one number tag can be collected per person (you must be present to collect). Instructor will collect your number tag prior to the start of class. Duneland Family YMCA Members supersede Members with reciprocity agreements and guest passes in cases when the class is filled to occupancy.**

INSTRUCTOR SUBSTITUTION POLICY: When unable to attend class, instructors are required to find a substitute instructor that will teach a comparable class. Class cancellations will be avoided and classes with less than 3 participants will be canceled.