



## Sarpy YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|---|--------|---------|--|--|--|---|--|
| <b>BODYPUMP</b><br>Studio A               |        |         | 5:15AM-6:15AM<br>(Strength)<br><i>Brandie M.</i>   | 4:30PM-5:30PM<br>(Strength)<br><i>Brianna M.</i>         | 8:15AM-9:15AM<br>(Strength)<br><i>Allyssa R.</i>         | 7:30AM-8:30AM<br>(Strength)<br><i>Brandie M.</i>            | 11:10AM-12:10PM<br>(Strength)<br><i>Brianna M.</i> |
| <b>Cycling</b><br>Studio B                |        |         | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Steve Z.</i><br><br>8:15AM-9:00AM<br>(Group Exercise)<br><i>Koral B.</i>     |  | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Steve Z.</i>     | 7:30AM-8:15AM<br>(Group Exercise)<br><i>Steve Z.</i>        |  |
| <b>Low-Impact Cardio</b><br>Studio A      |        |         | 7:15AM-8:00AM<br>(Group Exercise)<br><i>Maureen H.</i>   |  |  |   |  |
| <b>Aqua Interval</b><br>Pool              |        |         | 8:15AM-9:00AM<br>(Group Exercise)<br><i>Allyssa R.</i><br><br>9:10AM-10:00AM<br>(Group Exercise)<br><i>Melody M.</i> | 8:00AM-8:50AM<br>(Group Exercise)<br><i>Maria J.</i>     | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Maria J.</i>     | 7:55AM-8:55AM<br>(Group Exercise)<br><i>Maria J.</i>        |  |
| <b>Barre</b><br>Studio A                  |        |         | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Andrea S.</i>  |  |  |   |  |
| <b>DanceFit</b><br>Studio A               |        |         | 9:25AM-10:25AM<br>(Cardio)<br><i>Margaret T.</i>   | 5:35PM-6:35PM<br>(Cardio)<br><i>Annette R.</i>           |  | 9:40AM-10:40AM<br>(Cardio)<br><i>Emily C.</i>               |  |
| <b>Strength &amp; Stretch</b><br>Studio B |        |         | 9:30AM-10:30AM<br>(Active Older Adult)<br><i>Cassie G.</i>   | 5:05PM-5:50PM<br>(Active Older Adult)<br><i>Ariel T.</i> |  | 9:20AM-10:05AM<br>(Active Older Adult)<br><i>Brianna M.</i> |  |
| <b>SilverSneakers Classic</b><br>Studio A |        |         | 11:15AM-12:00PM<br>(Group Exercise)<br><i>Maria J.</i>   |  | 11:15AM-12:00PM<br>(Group Exercise)<br><i>Maureen H.</i> |   |  |
| <b>HIIT Cardio Strength</b><br>Studio A   |        |         | 4:30PM-5:20PM<br>(Group Exercise)<br><i>Allyssa R.</i>   |  |  |   |  |

|  | Monday | Tuesday | Wednesday   | Thursday  | Friday   | Saturday   | Sunday   |
|--|--------|---------|---|---|--|--|--|
| <b>BODYCOMBAT</b><br>Studio A  |        |         | 5:30PM-6:30PM<br>(Group Exercise)<br><i>Amy K.</i>    | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Jacqueline G.</i> | 5:15AM-6:15AM<br>(Group Exercise)<br><i>Katie W.</i><br><br>4:30PM-5:30PM<br>(Group Exercise)<br><i>Brianna M.</i> |  | 10:00AM-11:00AM<br>(Group Exercise)<br><i>Katie W.</i> |
| <b>Zumba</b><br>Studio A   |        |         | 6:40PM-7:40PM<br>(Group Exercise)<br><i>Emily C.</i>  |   |  |  |  |
| <b>Deep Water</b><br>Pool  |        |         | 7:00PM-7:50PM<br>(Group Exercise)<br><i>Robert N.</i> | 10:00AM-10:50AM<br>(Group Exercise)<br><i>Melody M.</i>   |  |  | 12:30PM-1:20PM<br>(Group Exercise)<br><i>Robert N.</i> |
| <b>Circuit</b><br>Studio A   |        |         |   | 5:15AM-6:15AM<br>(Group Exercise)<br><i>Cassie G.</i>     |  |  |  |
| <b>Mat Pilates</b><br>Studio B   |        |         |   | 8:30AM-9:20AM<br>(Mind Body)<br><i>Jacqui L.</i>          |  |  |  |
| <b>Aquacise</b><br>Pool  |        |         |   | 9:00AM-9:50AM<br>(Group Exercise)<br><i>Melody M.</i>     |  |  |  |
| <b>Total Body Conditioning (TBC)</b><br>Studio A                         |        |         |   | 9:30AM-10:30AM<br>(Group Exercise)<br><i>Meredith S.</i>  |  |  |  |
| <b>Line Dancing</b><br>Studio B  |        |         |   | 9:45AM-10:30AM<br>(Group Exercise)<br><i>Sam H.</i>       |  |  |  |
| <b>Chair Yoga</b><br>Studio A  |        |         |   | 10:45AM-11:45AM<br>(Group Exercise)<br><i>Karen F.</i>    |  |  |  |
| <b>Brain and Body (formerly known as Delay The Diseases)</b><br>Studio A |        |         |   | 12:00PM-1:00PM<br>(Active Older Adult)                    |  |  |  |
| <b>HIIT Cardio</b><br>Studio B   |        |         |   | 4:30PM-5:00PM<br>(Group Exercise)<br><i>Ariel T.</i>      |  | 8:45AM-9:15AM<br>(Group Exercise)<br><i>Brianna M.</i> |  |
| <b>Barre</b><br>Studio B   |        |         |   |   | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Andrea S.</i>  |  |  |
| <b>Yoga</b><br>Studio B  |        |         |   |   | 9:30AM-10:15AM<br>(Mind Body)<br><i>Allyssa R.</i>   |  | 9:15AM-9:15AM<br>(Mind Body)<br><i>Madison K.</i>      |
| <b>SilverSneakers Circuit</b><br>Studio A                                |        |         |   |   | 10:20AM-11:05AM<br>(Group Exercise)<br><i>Maria J.</i>   |  |  |

|                         | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday  | Sunday |
|-------------------------|--------|---------|-----------|----------|---|---|--------|
| DanceFit<br>Studio B    |        |         |           |          | 10:40AM-11:30AM<br>(Cardio)<br><i>Margaret T.</i> |   |        |
| Mat Pilates<br>Studio A |        |         |           |          |   | 8:45AM-9:35AM<br>(Mind Body)<br><i>Brandie M.</i> |        |



## Westview YMCA | June 2nd - June 8th

|  | Monday | Tuesday | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|--|--------|---------|---|--|--|--|---|
| <b>Cycle and Strength</b><br>Cycling Studio                    |        |         | 5:15AM-6:00AM<br>(Combo)<br><i>Chanda C.</i>  |  |  |  |   |
| <b>HIIT Cardio Strength</b><br>Group Fitness Studio            |        |         | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Heather M.</i>  | 8:30AM-9:15AM<br>(Group Exercise)<br><i>MaryLou B.</i>   |  |  |   |
| <b>Deep Water</b><br>Pool                                      |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Gretchen T.</i>   |  |  |  |   |
| <b>BODYPUMP</b><br>Group Fitness Studio                        |        |         | 8:30AM-9:15AM<br>(Strength)<br><i>Jacqueline G.</i><br><br>5:45PM-6:45PM<br>(Strength)<br><i>Jamie D.</i> | 5:15AM-6:00AM<br>(Strength)<br><i>Amy R.</i><br><br>12:15PM-1:00PM<br>(Strength)<br><i>Jacqueline G.</i> |  | 8:00AM-9:00AM<br>(Strength)<br><i>Lesley L.</i>        |   |
| <b>Total Brain &amp; Body</b><br><b>(formally none as DTD)</b> |        |         | 8:45AM-9:45AM<br>(Group Exercise)<br><i>Sally</i>   |  |  |  |   |
| <b>Aquacise</b><br>Pool  |        |         | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Gretchen T.</i>  | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Patti V.</i>  | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Gretchen T.</i> | 7:15AM-8:00AM<br>(Group Exercise)<br><i>Hiroko D.</i>  |   |
| <b>Zumba</b><br>Group Fitness Studio                           |        |         | 9:30AM-10:15AM<br>(Group Exercise)<br><i>Jacqueline G.</i>  | 5:45PM-6:30PM<br>(Group Exercise)<br><i>Jenee G.</i>   |  | 11:30AM-12:15PM<br>(Group Exercise)<br><i>Jenee G.</i> |   |
| <b>Low-Impact Cardio Strength</b><br>Group Fitness Studio      |        |         | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Sue D.</i>  |  |  |  |   |
| <b>Tai Chi</b><br>Group Fitness Studio                         |        |         | 11:45AM-12:35PM<br>(Group Exercise)<br><i>Steve G.</i>  |  |  |  |   |
| <b>Yoga</b><br>Cycling Studio                                  |        |         | 5:15PM-6:15PM<br>(Mind Body)<br><i>Haily E.</i>   |  |  |  |   |
| <b>Aqua Zumba</b><br>Pool                                      |        |         | 6:15PM-7:15PM<br>(Group Exercise)<br><i>Hiroko D.</i>   |  |  |  |   |
| <b>BODYCOMBAT</b><br>Group Fitness Studio                      |        |         | 7:00PM-7:45PM<br>(Group Exercise)<br><i>Jamie D.</i>  |  | 9:30AM-10:30AM<br>(Group Exercise)<br><i>Kris H.</i>     |  | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Jamie D.</i> |

|  | Monday | Tuesday | Wednesday | Thursday  | Friday   | Saturday  | Sunday   |
|--|--------|---------|-----------|---|--|---|--|
| <b>Yoga</b><br>Group Fitness Studio                          |        |         |           | 9:30AM-10:15AM<br>(Mind Body)<br><i>Jackie</i>              |  | 10:30AM-11:15AM<br>(Mind Body)<br><i>Haily E.</i>       | 10:30AM-11:15AM<br>(Mind Body)<br><i>Kristina H.</i> |
| <b>Zumba Gold</b><br>Group Fitness Studio                    |        |         |           | 10:30AM-11:15AM<br>(Group Exercise)<br><i>Jacqueline G.</i> |  |   |  |
| <b>SilverSneakers Classic</b><br>Group Fitness Studio        |        |         |           | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Patti V.</i>      |  |   |  |
| <b>Chair Yoga</b><br>Group Fitness Studio                    |        |         |           | 11:35AM-12:00PM<br>(Group Exercise)<br><i>Jacqueline G.</i> |  |   |  |
| <b>Yin Yoga</b><br>Group Fitness Studio                      |        |         |           | 6:45PM-7:45PM<br>(Mind Body)<br><i>Haily E.</i>             |  |   |  |
| <b>Total Body Conditioning (TBC)</b><br>Group Fitness Studio |        |         |           |   | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Kimberly N.</i>  |   |  |
| <b>Cycling</b><br>Cycling Studio                             |        |         |           |   | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Jim B.</i>   |   |  |
| <b>Strength &amp; Stretch</b><br>Group Fitness Studio        |        |         |           |   | 6:05AM-6:50AM<br>(Active Older Adult)<br><i>Heather M.</i><br><br>8:30AM-9:15AM<br>(Active Older Adult)<br><i>MaryLou B.</i> |   |  |
| <b>SilverSneakers Circuit</b><br>Group Fitness Studio        |        |         |           |   | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Jacqueline G.</i>  |   |  |
| <b>Barre</b><br>Group Fitness Studio                         |        |         |           |   | 12:15PM-1:00PM<br>(Group Exercise)<br><i>Jacqueline G.</i>   |   |  |
| <b>MixedFit</b><br>Group Fitness Studio                      |        |         |           |   |  | 9:30AM-10:15AM<br>(Group Exercise)<br><i>Melissa P.</i> |  |
| <b>Line Dancing</b><br>Group Fitness Studio                  |        |         |           |   |  |   | 5:30PM-6:30PM<br>(Group Exercise)<br><i>Sue D.</i>   |



## Gretna Crossing YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
|---|--------|---------|---|--|--|--|---|
| <b>Circuit</b><br>Studio A                    |        |         | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Leigh</i>         |  | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Katie B.</i>   |  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Sophie H.</i> |
| <b>Deep Water</b><br>Pool                     |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Becky C.</i>      |  |  |  |   |
| <b>BODYPUMP</b><br>Studio A                   |        |         | 9:00AM-10:00AM<br>(Strength)<br><i>Jerilynn C.</i>        | 5:15AM-6:15AM<br>(Strength)<br><i>Katie W.</i><br><br>4:45PM-5:45PM<br>(Strength)<br><i>Linsey G.</i>          |  | 8:00AM-8:45AM<br>(Strength)<br><i>Katie B.</i>       |   |
| <b>Cycling</b><br>Cycling                     |        |         | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Kari L.</i>       | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Leigh</i><br><br>9:00AM-9:45AM<br>(Group Exercise)<br><i>Sophie H.</i> |  | 7:30AM-8:15AM<br>(Group Exercise)<br><i>Leigh</i>    | 4:00PM-4:45PM<br>(Group Exercise)<br><i>Ashley S.</i> |
| <b>Mobility and Flexibility</b><br>Studio A   |        |         | 10:05AM-10:30AM<br>(Group Exercise)<br><i>Jerilynn C.</i> |  |  |  |   |
| <b>Barre</b><br>Studio B                      |        |         | 10:15AM-11:00AM<br>(Group Exercise)<br><i>Kelly K.</i>    |  | 10:15AM-11:00AM<br>(Group Exercise)<br><i>Kelly K.</i> |  |   |
| <b>Low-Impact Cardio Strength</b><br>Studio A |        |         | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Monica H.</i>   |  |  |  |   |
| <b>Yoga</b><br>Studio B                       |        |         | 5:30PM-6:30PM<br>(Mind Body)<br><i>Lisa L.</i>            | 8:00AM-9:00AM<br>(Mind Body)<br><i>Brobst R.</i>   |  |  |   |
| <b>HIIT Cardio Strength</b><br>Studio A       |        |         | 5:30PM-6:15PM<br>(Group Exercise)<br><i>Linsey G.</i>     |  |  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Katie B.</i> |   |
| <b>Aqua Zumba</b><br>Pool                     |        |         | 6:00PM-6:45PM<br>(Group Exercise)<br><i>Takako M.</i>     |  |  |  |   |
| <b>Strength &amp; Stretch</b><br>Studio A     |        |         |   | 9:00AM-9:50AM<br>(Active Older Adult)<br><i>Chelsea</i>  |  |  |   |

|  | Monday | Tuesday | Wednesday | Thursday  | Friday  | Saturday  | Sunday  |
|--|--------|---------|-----------|---|---|---|---|
| <b>LES MILLS CORE</b><br>Studio A                |        |         |           | 10:00AM-10:30AM<br>(Group Exercise)<br><i>Chelsea</i>   | 10:00AM-10:30AM<br>(Group Exercise)<br><i>Sophie H.</i> | 9:50AM-10:20AM<br>(Group Exercise)<br><i>Crystal E.</i> |   |
| <b>SilverSneakers Circuit</b><br>Studio A        |        |         |           | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Joanna S.</i> |   |   |   |
| <b>Zumba Gold</b><br>Studio A                    |        |         |           | 11:40AM-12:10PM<br>(Group Exercise)<br><i>Joanna S.</i> |   |   |   |
| <b>DanceFit</b><br>Studio A                      |        |         |           | 6:00PM-7:00PM<br>(Cardio)<br><i>Crystal E.</i>          |   | 10:35AM-11:35AM<br>(Cardio)<br><i>Yvette</i>            |   |
| <b>Total Body Conditioning (TBC)</b><br>Studio A |        |         |           |   | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Sophie H.</i>   |   |   |
| <b>Aqua Interval</b><br>Pool                     |        |         |           |   | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Kitt</i>        | 8:30AM-9:15AM<br>(Group Exercise)<br><i>Chris S.</i>    |   |
| <b>SilverSneakers Classic</b><br>Studio A        |        |         |           |   | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Kitt</i>      |   |   |
| <b>Restorative Yoga</b><br>Studio B              |        |         |           |   |   |   | 4:30PM-5:30PM<br>(Group Exercise)<br><i>Abigail</i> |



## Mills County YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday  | Thursday  | Friday  | Saturday   | Sunday |
|---|--------|---------|--|---|---|--|--------|
| <b>Barbell Pump</b><br>Aerobic Studio               |        |         | 5:15AM-6:15AM<br>(Group Exercise)<br><i>Shari G.</i> |   | 5:15AM-6:15AM<br>(Group Exercise)<br><i>Shari G.</i>  |  |        |
| <b>Aquacise</b><br>Pool                             |        |         | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Annette</i>  |   | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Annette</i>   |  |        |
| <b>Aqua Interval</b><br>Pool                        |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Sharon</i>   | 6:15PM-7:15PM<br>(Group Exercise)<br><i>Sharon</i>      | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Sharon</i>    |  |        |
| <b>Yoga</b><br>Aerobic Studio                       |        |         | 8:30AM-9:30AM<br>(Mind Body)                         | 5:15PM-6:00PM<br>(Mind Body)<br><i>Diana B.</i>         |   |  |        |
| <b>SilverSneakers Classic</b><br>Aerobic Studio     |        |         | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Leslie</i> |   | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Anne R.</i> |  |        |
| <b>Cycling</b><br>Cycling Studio                    |        |         | 5:15PM-5:45PM<br>(Group Exercise)<br><i>Diana B.</i> | 5:15AM-6:00AM<br>(Group Exercise)<br><i>Michelle P.</i> |   |  |        |
| <b>Group Power</b><br>Aerobic Studio                |        |         | 6:00PM-6:45PM<br>(Group Exercise)<br><i>Katelyn</i>  |   |   | 8:00AM-9:00AM<br>(Group Exercise)<br><i>Christina Z.</i> |        |
| <b>Low-Impact Cardio Strength</b><br>Aerobic Studio |        |         |  | 9:45AM-10:30AM<br>(Group Exercise)<br><i>Diana B.</i>   |   |  |        |





## Armbrust YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday  | Thursday   | Friday   | Saturday   | Sunday  |
|---|--------|---------|--|--|--|--|---|
| <b>BODYPUMP</b><br>Studio A                       |        |         | 5:30AM-6:30AM<br>(Strength)<br><i>Erica B.</i>           | 6:45PM-7:45PM<br>(Strength)<br><i>Erin S.</i>  | 5:30AM-6:30AM<br>(Strength)<br><i>Michelle W.</i>  | 7:45AM-8:45AM<br>(Strength)<br><i>Sara E.</i>      | 3:45PM-4:45PM<br>(Strength)<br><i>Karina G.</i>       |
| <b>Deep Water</b><br>Pool                         |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Stephanie F.</i> | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Brittany R.</i>  |  |  |   |
| <b>Aqua Interval</b><br>Pool                      |        |         | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Heather</i>     | 7:00PM-7:50PM<br>(Group Exercise)<br><i>Sarah K.</i>   | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Heather</i>   |  |   |
| <b>Group Active</b><br>Studio A                   |        |         | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Erin S.</i>     |  |  |  |   |
| <b>Total Body Conditioning (TBC)</b><br>Gymnasium |        |         | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Anna S.</i>     |  | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Jenny K.</i><br><br>9:00AM-10:00AM<br>(Group Exercise)<br><i>Anna S.</i> | 7:30AM-8:15AM<br>(Group Exercise)<br><i>Sam H.</i> | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Jenny K.</i> |
| <b>Yoga</b><br>Studio A                           |        |         | 10:15AM-11:15AM<br>(Mind Body)<br><i>Carly P.</i>        | 10:15AM-11:00AM<br>(Mind Body)<br><i>Katie S.</i><br><br>7:00PM-8:00PM<br>(Mind Body)<br><i>Carly P.</i> | 10:30AM-11:30AM<br>(Mind Body)<br><i>Katie S.</i>  |  |   |
| <b>Chair Yoga</b><br>Gymnasium                    |        |         | 10:30AM-11:15AM<br>(Group Exercise)<br><i>Heather R.</i> |  | 10:30AM-11:15AM<br>(Group Exercise)<br><i>Heather R.</i>   |  |   |
| <b>Low-Impact Dance Fitness</b><br>Studio A       |        |         | 11:30AM-12:15PM<br>(Group Exercise)<br><i>Heather R.</i> |  |  |  |   |

|  | Monday | Tuesday | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|--|--------|---------|--|--|---|---|---|
| <b>Cycling</b><br>Studio B (Cycling)             |        |         | 4:45PM-5:30PM<br>(Group Exercise)<br><i>Kylie B.</i> | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Steve Z.</i><br><br>9:00AM-9:45AM<br>(Group Exercise)<br><i>Missy</i><br><br>6:00PM-6:45PM<br>(Group Exercise)<br><i>Monica W.</i> |   |   | 10:00AM-11:00AM<br>(Group Exercise)<br><i>Bill Z.</i> |
| <b>Group Fight</b><br>Studio A                   |        |         | 5:00PM-5:45PM<br>(Cardio)<br><i>Brittany R.</i>      | 5:30AM-6:30AM<br>(Cardio)<br><i>Erica B.</i><br><br>9:00AM-10:00AM<br>(Cardio)<br><i>Anna S.</i>   |   | 9:00AM-10:00AM<br>(Cardio)<br><i>Anna S.</i>            | 6:00PM-6:45PM<br>(Cardio)<br><i>Brittany R.</i>       |
| <b>Yoga</b><br>Community Room A                  |        |         | 6:00PM-7:00PM<br>(Mind Body)<br><i>Jami S.</i>       |  |   | 9:15AM-10:00AM<br>(Mind Body)<br><i>Lisa R.</i>         | 8:15AM-9:15AM<br>(Mind Body)<br><i>Jami S.</i>        |
| <b>Total Body Conditioning (TBC)</b><br>Studio A |        |         | 6:00PM-6:45PM<br>(Group Exercise)<br><i>Jenny K.</i> |  |   |   |   |
| <b>MixedFit</b><br>Studio A                      |        |         | 7:00PM-8:00PM<br>(Group Exercise)<br><i>Dori G.</i>  |  |   |   |   |
| <b>Aquacise</b><br>Pool                          |        |         |  | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Brittany R.</i>   |   |   |   |
| <b>BODYPUMP</b><br>Gymnasium                     |        |         |  | 9:00AM-9:45AM<br>(Strength)<br><i>Jennifer M.</i>  |   |   |   |
| <b>SilverSneakers Classic</b><br>Gymnasium       |        |         |  | 10:30AM-11:15AM<br>(Group Exercise)<br><i>Heather R.</i>   |   |   |   |
| <b>Tai Chi</b><br>Studio A                       |        |         |  | 11:30AM-12:15PM<br>(Group Exercise)<br><i>Heather R.</i>   |   |   |   |
| <b>Zumba</b><br>Studio A                         |        |         |  | 4:45PM-5:30PM<br>(Group Exercise)<br><i>Heather</i>  | 9:30AM-10:15AM<br>(Group Exercise)<br><i>Isela</i>      | 10:15AM-11:00AM<br>(Group Exercise)<br><i>Tianna H.</i> | 5:00PM-5:45PM<br>(Group Exercise)<br><i>Tianna H.</i> |
| <b>HIIT Cardio Strength</b><br>Studio A          |        |         |  | 5:45PM-6:30PM<br>(Group Exercise)<br><i>Hannah S.</i>  |   |   |   |
| <b>Low-Impact Cardio Strength</b><br>Studio A    |        |         |  |  | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Jennifer P.</i> |   |   |

|                          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday |
|--------------------------|--------|---------|-----------|----------|--------|---|--------|
| Aqua Zumba               |        |         |           |          |        | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Takako M.</i> |        |
| Yoga<br>Community Room B |        |         |           |          |        | 8:15AM-9:00AM<br>(Mind Body)<br><i>Lisa R.</i>        |        |



## Charles E Lakin YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday   | Thursday   | Friday  | Saturday  | Sunday |
|---|--------|---------|---|--|---|---|--------|
| <b>HIIT Cardio Strength</b><br>High Impact Studio |        |         | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Vivian S.</i>   |  | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Andrew M.</i>   |   |        |
| <b>Total Body Conditioning (TBC)</b><br>Gymnasium |        |         | 6:15AM-7:00AM<br>(Group Exercise)<br><i>Dwayne R.</i>   |  | 6:15AM-7:00AM<br>(Group Exercise)<br><i>Dwayne R.</i>   |   |        |
| <b>Cycling</b><br>Cycling Studio                  |        |         | 6:30AM-7:15AM<br>(Group Exercise)<br><i>Vivian S.</i><br><br>9:30AM-10:15AM<br>(Group Exercise)<br><i>Kent W.</i><br><br>4:30PM-5:15PM<br>(Group Exercise)<br><i>Hayley</i> | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Kent W.</i><br><br>12:00PM-12:45PM<br>(Group Exercise)<br><i>Kent W.</i> | 9:45AM-10:15AM<br>(Group Exercise)<br><i>Kim R.</i>   | 9:30AM-10:15AM<br>(Group Exercise)<br><i>Richard D.</i> |        |
| <b>Deep Water</b><br>Pool                         |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Kathie D.</i>   |  |   |   |        |
| <b>Yoga</b><br>Mind & Body Studio                 |        |         | 8:30AM-9:30AM<br>(Mind Body)<br><i>Katie S.</i><br><br>9:45AM-10:45AM<br>(Mind Body)<br><i>Katie S.</i><br><br>12:00PM-1:00PM<br>(Mind Body)<br><i>Katie S.</i>             |  | 8:30AM-9:30AM<br>(Mind Body)<br><i>Katie S.</i><br><br>9:45AM-10:45AM<br>(Mind Body)<br><i>Katie S.</i><br><br>12:00PM-1:00PM<br>(Mind Body)<br><i>Katie S.</i> |   |        |
| <b>HIGH Fitness</b><br>High Impact Studio         |        |         | 9:40AM-10:30AM<br>(Group Exercise)<br><i>Ryann E.</i>   |  | 9:00AM-9:50AM<br>(Group Exercise)<br><i>Ryann E.</i>  |   |        |
| <b>High Yo</b><br>High Impact Studio              |        |         | 10:35AM-11:05AM<br>(Group Exercise)<br><i>Sabry E.</i>  |  | 9:55AM-10:25AM<br>(Group Exercise)<br><i>Sabry E.</i>   |   |        |
| <b>SilverSneakers Circuit</b><br>Gymnasium        |        |         | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Kim R.</i>  | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Jackie R.</i>  |   |   |        |

|  | Monday | Tuesday | Wednesday  | Thursday  | Friday  | Saturday  | Sunday   |
|--|--------|---------|--|---|---|---|--|
| <b>Circuit</b><br>High Impact Studio                       |        |         | 4:30PM-5:30PM<br>(Group Exercise)<br><i>Rachel S.</i>  |   |   |   |  |
| <b>Aquacise</b><br>Pool                                    |        |         | 4:45PM-5:45PM<br>(Group Exercise)<br><i>Hiroko D.</i>  | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Hiroko D.</i>   | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Hiroko D.</i> |   |  |
| <b>Group Fight</b><br>High Impact Studio                   |        |         | 5:35PM-6:35PM<br>(Cardio)<br><i>Vivian S.</i>          | 8:45AM-9:45AM<br>(Cardio)<br><i>Christina Z.</i>  |   | 7:00AM-8:00AM<br>(Cardio)<br><i>Vivian S.</i>         |  |
| <b>MixedFit</b><br>High Impact Studio                      |        |         | 6:45PM-7:30PM<br>(Group Exercise)<br><i>Melissa P.</i> | 6:40PM-7:40PM<br>(Group Exercise)<br><i>Shona J.</i>  |   | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Shona J.</i>  |  |
| <b>Group Power</b><br>High Impact Studio                   |        |         |  | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Vivian S.</i><br><br>10:00AM-11:00AM<br>(Group Exercise)<br><i>Christina Z.</i> |   | 8:05AM-8:50AM<br>(Group Exercise)<br><i>Vivian S.</i> |  |
| <b>Cycle and Strength</b><br>Cycling Studio                |        |         |  | 6:15AM-7:00AM<br>(Combo)<br><i>Dwayne R.</i>  |   |   |  |
| <b>Core and More</b><br>High Impact Studio                 |        |         |  | 11:45AM-12:15PM<br>(Group Exercise)<br><i>Kim R.</i>  |   |   |  |
| <b>Low-Impact Cardio Strength</b><br>Gymnasium             |        |         |  |   | 10:30AM-11:15AM<br>(Group Exercise)<br><i>Kim R.</i>  |   |  |
| <b>Step</b><br>High Impact Studio                          |        |         |  |   | 5:15PM-6:00PM<br>(Group Exercise)<br><i>Jackie R.</i> |   |  |
| <b>Total Body Conditioning (TBC)</b><br>High Impact Studio |        |         |  |   |   |   | 12:00PM-1:00PM<br>(Group Exercise)<br><i>Krista H.</i> |



## Downtown YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday   | Thursday  | Friday   | Saturday   | Sunday |
|---|--------|---------|---|---|--|--|--------|
| <b>Cycling</b><br>Cycling Studio                              |        |         | 5:30AM-6:15AM<br>(Group Exercise)<br><i>David H.</i><br><br>5:00PM-6:00PM<br>(Group Exercise)<br><i>Bill Z.</i> | 5:15PM-6:00PM<br>(Group Exercise)   | 5:30AM-6:15AM<br>(Group Exercise)<br><i>David H.</i><br><br>12:00PM-1:00PM<br>(Group Exercise)<br><i>Bill Z.</i> |  |        |
| <b>Low-Impact Dance Fitness</b><br>Group Exercise Studio      |        |         | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Tiffany S.</i>  |   |  |  |        |
| <b>Core and More</b><br>Group Exercise Studio                 |        |         | 12:00PM-1:00PM<br>(Group Exercise)<br><i>Dan K.</i>   |   |  |  |        |
| <b>MixedFit</b><br>Group Exercise Studio                      |        |         | 6:00PM-7:00PM<br>(Group Exercise)<br><i>Tiffany S.</i>  |   |  |  |        |
| <b>Yoga</b><br>Mind Body Studio                               |        |         | 6:00PM-7:00PM<br>(Mind Body)<br><i>Tommy D.</i>   |   | 6:00AM-7:00AM<br>(Mind Body)<br><i>McCall K.</i>   | 7:00AM-8:00AM<br>(Mind Body)<br><i>Sherrie M.</i>  |        |
| <b>BODYPUMP</b><br>Group Exercise Studio                      |        |         |   | 6:00AM-7:00AM<br>(Strength)<br><i>Tiffany S.</i>  | 12:00PM-12:45PM<br>(Strength)<br><i>Tiffany S.</i>   |  |        |
| <b>SilverSneakers Classic</b><br>Group Exercise Studio        |        |         |   | 9:30AM-10:30AM<br>(Group Exercise)<br><i>Debra</i>  |  |  |        |
| <b>Total Body Conditioning (TBC)</b><br>Group Exercise Studio |        |         |   | 12:00PM-1:00PM<br>(Group Exercise)<br><i>Jim B.</i><br><br>5:30PM-6:30PM<br>(Group Exercise)<br><i>Dan K.</i> | 6:00AM-7:00AM<br>(Group Exercise)<br><i>Dan K.</i>   |  |        |
| <b>Capoeira</b><br>Cycling Studio                             |        |         |   | 6:00PM-7:00PM<br>(Group Exercise)<br><i>Tommy D.</i>  |  |  |        |
| <b>Urban Line Dancing</b><br>Group Exercise Studio            |        |         |   |   | 6:00PM-7:30PM<br>(Group Exercise)<br><i>Nickcol T.</i>   |  |        |
| <b>HIIT Cardio Strength</b><br>Group Exercise Studio          |        |         |   |   |  | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Andrea</i> |        |

|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday |
|---|--------|---------|-----------|----------|--------|---|--------|
| <b>Core and More</b><br>Cycling Studio              |        |         |           |          |        | 9:00AM-9:40AM<br>(Group Exercise)<br><i>Dan K.</i>  |        |
| <b>Mobility and Flexibility</b><br>Mind Body Studio |        |         |           |          |        | 9:45AM-10:30AM<br>(Group Exercise)<br><i>Dan K.</i> |        |



## Maple Street YMCA | June 2nd - June 8th

|  | Monday | Tuesday | Wednesday  | Thursday  | Friday   | Saturday | Sunday   |
|--|--------|---------|--|---|--|----------|--|
| <b>BODYPUMP</b><br>Studio B                |        |         | 5:30AM-6:15AM<br>(Strength)<br><i>Amy R.</i>   | 9:00AM-10:00AM<br>(Strength)<br><i>Becki P.</i><br><br>6:30PM-7:30PM<br>(Strength)<br><i>Janet G.</i> | 5:30AM-6:15AM<br>(Strength)<br><i>Becki P.</i>         |          | 10:30AM-11:30AM<br>(Strength)<br><i>Becki P.</i> |
| <b>SilverSneakers Classic</b><br>Gymnasium |        |         | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Marilee G.</i>   |   |  |          |  |
| <b>Mat Pilates</b><br>Studio A             |        |         | 9:00AM-10:00AM<br>(Mind Body)<br><i>Emmy S.</i>  |   |  |          |  |
| <b>Aqua Zumba</b><br>Pool                  |        |         | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Hiroko D.</i>  |   |  |          |  |
| <b>Group Active</b><br>Studio B            |        |         | 10:00AM-11:00AM<br>(Group Exercise)<br><i>Marilee G.</i><br><br>5:30PM-6:30PM<br>(Group Exercise)<br><i>Becki P.</i> |   | 10:00AM-11:00AM<br>(Group Exercise)<br><i>Becki P.</i> |          |  |
| <b>Aquacise</b><br>Pool                    |        |         | 6:00PM-7:00PM<br>(Group Exercise)<br><i>Legna C.</i>   |   |  |          |  |
| <b>Group Fight</b><br>Studio B             |        |         | 6:45PM-7:15PM<br>(Cardio)<br><i>Becki P.</i>   |   | 6:00PM-7:00PM<br>(Cardio)<br><i>Janet G.</i>           |          |  |
| <b>Yoga</b><br>Studio B                    |        |         | 7:30PM-8:30PM<br>(Mind Body)<br><i>McCall K.</i>   | 10:30AM-11:30AM<br>(Mind Body)<br><i>Linda C.</i>   |  |          |  |



|   | Monday | Tuesday | Wednesday | Thursday   | Friday  | Saturday   | Sunday  |
|---|--------|---------|-----------|--|---|--|---|
| <b>Cycling</b><br>Cycling Studio                                      |        |         |           | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Janet G.</i><br><br>10:15AM-11:00AM<br>(Group Exercise)<br><i>Molly K.</i><br><br>5:30PM-6:15PM<br>(Group Exercise)<br><i>Theresa B.</i> |   | 9:30AM-10:15AM<br>(Group Exercise)<br><i>Sarah</i> |   |
| <b>HIIT Cardio Strength</b><br>Studio A                               |        |         |           | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Emmy S.</i>  |   |  |   |
| <b>Chair Yoga</b><br>Gymnasium  |        |         |           | 9:15AM-10:00AM<br>(Group Exercise)<br><i>Molly K.</i>  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>McCall K.</i>   |  |   |
| <b>SilverSneakers Circuit</b><br>Gymnasium                            |        |         |           | 10:15AM-11:00AM<br>(Group Exercise)<br><i>Becki P.</i>   |   |  |   |
| <b>Brain and Body (formerly known as Delay The Diseas</b><br>Studio B |        |         |           | 1:00PM-2:00PM<br>(Active Older Adult)<br><i>Theresa B.</i>   |   |  |   |
| <b>DanceFit</b><br>Studio B   |        |         |           | 5:15PM-6:15PM<br>(Cardio)<br><i>Maria F.</i>   |   |  | 12:00PM-1:00PM<br>(Cardio)<br><i>Becki P.</i> |
| <b>Step</b><br>Studio B   |        |         |           |  | 8:30AM-9:30AM<br>(Group Exercise)<br><i>Sherri M.</i>   |  |   |
| <b>Aqua Interval</b><br>Pool  |        |         |           |  | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Hiroko D.</i> |  |   |
| <b>Yoga</b><br>Studio A   |        |         |           |  | 10:30AM-11:30AM<br>(Mind Body)<br><i>McCall K.</i>      |  |   |
| <b>HIIT Cardio Strength</b><br>Studio B                               |        |         |           |  |   | 7:30AM-8:15AM<br>(Group Exercise)<br><i>Mike</i>   |   |
| <b>Total Body Conditioning (TBC)</b><br>Studio B                      |        |         |           |  |   | 8:30AM-9:15AM<br>(Group Exercise)<br><i>Mike</i>   |   |



## Twin Rivers YMCA | June 2nd - June 8th

|  | Monday | Tuesday | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|--|--------|---------|---|--|---|--|--|
| <b>Strength &amp; Stretch</b><br>Group Fitness Studio        |        |         | 5:30AM-6:15AM<br>(Active Older Adult)<br><i>Ariel B.</i>  |  |   |  |  |
| <b>Total Toning</b><br>Group Fitness Studio                  |        |         | 8:15AM-9:00AM<br>(Group Exercise)<br><i>Jennifer P.</i>   |  |   |  |  |
| <b>Cycling</b><br>Community Cycle Center                     |        |         | 9:15AM-10:00AM<br>(Group Exercise)<br><i>Morgan D.</i>    |  |   | 9:15AM-10:00AM<br>(Group Exercise)<br><i>Amanda C.</i> |  |
| <b>SilverSneakers Classic</b><br>Group Fitness Studio        |        |         | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Jennifer P.</i> | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Kathy P.</i> | 10:45AM-11:30AM<br>(Group Exercise)<br><i>Jennifer P.</i> |  |  |
| <b>Aquacise</b><br>Pool                                      |        |         | 6:00PM-7:00PM<br>(Group Exercise)<br><i>Tammi W.</i>      | 9:15AM-10:15AM<br>(Group Exercise)<br><i>Becky C.</i>  |   |  |  |
| <b>Total Body Conditioning (TBC)</b><br>Group Fitness Studio |        |         |   | 5:30AM-6:15AM<br>(Group Exercise)<br><i>Mikaela B.</i> |   |  |  |
| <b>BODYPUMP</b><br>Group Fitness Studio                      |        |         |   | 8:15AM-9:15AM<br>(Strength)<br><i>Kris B.</i>          | 5:30AM-6:30AM<br>(Strength)                               | 8:00AM-9:00AM<br>(Strength)<br><i>Jennifer P.</i>      |  |
| <b>Deep Water</b><br>Pool                                    |        |         |   | 10:15AM-11:00AM<br>(Group Exercise)<br><i>Becky C.</i> |   |  |  |
| <b>BODYATTACK</b><br>Group Fitness Studio                    |        |         |   |  | 8:15AM-9:15AM<br>(Group Exercise)<br><i>Kris B.</i>       |  |  |
| <b>Yoga</b><br>Group Fitness Studio                          |        |         |   |  | 9:30AM-10:15AM<br>(Mind Body)                             |  |  |
| <b>Zumba</b><br>Group Fitness Studio                         |        |         |   |  |   |  | 1:00PM-2:00PM<br>(Group Exercise)<br><i>April W.</i> |



## Southwest YMCA | June 2nd - June 8th

|  | Monday | Tuesday | Wednesday  | Thursday  | Friday   | Saturday  | Sunday |
|--|--------|---------|--|---|--|---|--------|
| <b>Group Ride</b><br>Group Fitness Studio  |        |         | 6:00AM-6:45AM<br>(Group Exercise)<br><i>Holly</i>  |   |  |   |        |
| <b>SilverSneakers Classic</b><br>Big Gym   |        |         | 8:15AM-9:00AM<br>(Group Exercise)<br><i>Alicia</i><br><br>9:15AM-10:00AM<br>(Group Exercise)<br><i>Alicia</i>  |   | 8:15AM-9:00AM<br>(Group Exercise)<br><i>Jackie W.</i><br><br>9:15AM-10:00AM<br>(Group Exercise)<br><i>Alicia</i> |   |        |
| <b>Group Blast®</b><br>Group Fitness Studio  |        |         | 8:30AM-9:00AM<br>(Cardio)<br><i>Jennifer M.</i>  |   |  |   |        |
| <b>Group Power</b><br>Group Fitness Studio   |        |         | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Lisa P.</i>   | 11:45AM-12:30PM<br>(Group Exercise)<br><i>Sondra G.</i> |  | 10:30AM-11:30AM<br>(Group Exercise)<br><i>Lisa P.</i> |        |
| <b>Group Fight</b><br>Group Fitness Studio   |        |         | 10:00AM-10:30AM<br>(Cardio)<br><i>Lisa P.</i>  |   | 10:00AM-10:30AM<br>(Cardio)<br><i>Lisa P.</i>  | 9:45AM-10:15AM<br>(Cardio)<br><i>Lisa P.</i>          |        |
| <b>Zumba</b><br>Group Fitness Studio   |        |         | 10:30AM-11:30AM<br>(Group Exercise)<br><i>Alicia</i><br><br>5:30PM-6:15PM<br>(Group Exercise)<br><i>Alicia</i> |   | 10:30AM-11:30AM<br>(Group Exercise)<br><i>Alicia</i>   |   |        |
| <b>HIIT Cardio Strength</b><br>Group Fitness Studio                                  |        |         | 11:45AM-12:30PM<br>(Group Exercise)<br><i>Zach H.</i>  |   |  |   |        |
| <b>Brain and Body (formerly known as Delay The Diseases)</b><br>Group Fitness Studio |        |         | 1:00PM-1:45PM<br>(Active Older Adult)<br><i>Amy R.</i>   |   |  |   |        |
| <b>Chair Yoga</b><br>Group Fitness Studio  |        |         | 2:00PM-2:45PM<br>(Group Exercise)<br><i>Jami S.</i>  | 10:30AM-11:00AM<br>(Group Exercise)<br><i>Jami S.</i>   |  |   |        |
| <b>Yoga</b><br>Mind Body Dance Studio  |        |         | 6:00PM-7:00PM<br>(Mind Body)<br><i>Erin B.</i>   |   |  |   |        |

|   | Monday | Tuesday | Wednesday | Thursday  | Friday   | Saturday  | Sunday   |
|---|--------|---------|-----------|---|--|---|--|
| <b>Low-Impact Cardio Strength</b><br>Group Fitness Studio |        |         |           | 8:15AM-9:00AM<br>(Group Exercise)<br><i>Jackie W.</i>   |  |   |  |
| <b>Aquacise</b><br>Pool                                   |        |         |           | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Rylie M.</i><br><br>5:30PM-6:15PM<br>(Group Exercise)<br><i>Kim</i> |  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Legna C.</i>  |  |
| <b>Step</b><br>Group Fitness Studio                       |        |         |           | 9:05AM-10:05AM<br>(Group Exercise)<br><i>Jackie W.</i>  |  |   |  |
| <b>Group Centergy</b><br>Mind Body Dance Studio           |        |         |           | 10:15AM-11:00AM<br>(Mind Body)<br><i>Lisa P.</i>  |  |   |  |
| <b>R30</b><br>Group Fitness Studio                        |        |         |           | 5:00PM-5:30PM<br>(Group Exercise)<br><i>Holly</i>   |  |   |  |
| <b>Mat Pilates</b><br>Mind Body Dance Studio              |        |         |           | 5:30PM-6:15PM<br>(Mind Body)<br><i>Holly</i>  |  |   |  |
| <b>Aquacise</b>   |        |         |           |   | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Lisa</i>     |   |  |
| <b>Group Active</b><br>Group Fitness Studio               |        |         |           |   | 9:00AM-10:00AM<br>(Group Exercise)<br><i>Erin S.</i> | 8:00AM-9:00AM<br>(Group Exercise)<br><i>Becki P.</i>  |  |
| <b>Group Centergy</b><br>Group Fitness Studio             |        |         |           |   | 11:45AM-12:30PM<br>(Mind Body)<br><i>Jennifer M.</i> |   |  |
| <b>Aqua Boot Camp</b><br>Pool                             |        |         |           |   |  | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Mary U.</i>   |  |
| <b>Mat Pilates</b><br>Group Fitness Studio                |        |         |           |   |  | 8:00AM-8:45AM<br>(Mind Body)<br><i>Holly</i>          |  |
| <b>Group Core®</b><br>Group Fitness Studio                |        |         |           |   |  | 9:05AM-9:35AM<br>(Group Exercise)<br><i>Becki P.</i>  |  |
| <b>MixedFit</b><br>Group Fitness Studio                   |        |         |           |   |  | 11:45AM-12:30AM<br>(Group Exercise)<br><i>Dori G.</i> |  |
| <b>Restorative Yoga</b><br>Mind Body Dance Studio         |        |         |           |   |  |   | 4:00PM-4:45PM<br>(Group Exercise)<br><i>Martina S.</i> |





Butler-Gast YMCA | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday   | Thursday   | Friday  | Saturday  | Sunday |
|---|--------|---------|---|--|---|---|--------|
| <b>Aquacise</b><br>Pool                         |        |         | 7:00AM-8:00AM<br>(Group Exercise)<br><i>Anita R.</i><br><br>10:00AM-11:00AM<br>(Group Exercise)<br><i>Connie C.</i> | 10:00AM-11:00AM<br>(Group Exercise)<br><i>Rita A.</i>  | 7:00AM-8:00AM<br>(Group Exercise)<br><i>Anita R.</i><br><br>10:00AM-11:00AM<br>(Group Exercise)<br><i>Connie C.</i> |   |        |
| <b>SilverSneakers Classic</b><br>Aerobic Studio |        |         | 8:30AM-9:30AM<br>(Group Exercise)<br><i>Christine P.</i>  |  |   |   |        |
| <b>DanceFit</b><br>Aerobic Studio               |        |         | 6:30PM-7:15PM<br>(Cardio)<br><i>Marcey G.</i>   |  |   | 9:00AM-10:00AM<br>(Cardio)<br><i>Marcey G.</i>          |        |
| <b>Urban Line Dancing</b><br>Aerobic Studio     |        |         |   | 6:00PM-7:00PM<br>(Group Exercise)<br><i>Nickcol T.</i> |   |   |        |
| <b>Total Toning</b><br>Aerobic Studio           |        |         |   |  |   | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Sammie M.</i> |        |



## YMCA Healthy Living Center | June 2nd - June 8th

|   | Monday | Tuesday | Wednesday  | Thursday   | Friday   | Saturday  | Sunday |
|---|--------|---------|--|--|--|---|--------|
| <b>Aqua Interval</b><br>Pool                          |        |         | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Debbie G.</i><br><br>8:55AM-9:40AM<br>(Group Exercise)<br><i>Debbie G.</i> |  |  | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Debbie G.</i> |        |
| <b>Low-Impact Cardio Strength</b><br>Community Room B |        |         | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Cathy</i><br><br>10:00AM-10:45AM<br>(Group Exercise)<br><i>Peg P.</i>      |  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Cathy</i>    | 8:00AM-8:45AM<br>(Group Exercise)<br><i>Mindy M.</i>  |        |
| <b>Tai Chi</b><br>Community Room B                    |        |         | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Marie S.</i>   |  |  |   |        |
| <b>SilverSneakers Classic</b><br>Community Room B     |        |         | 11:00AM-11:45PM<br>(Group Exercise)<br><i>Peg P.</i>   |  | 11:00AM-11:45PM<br>(Group Exercise)<br><i>Peg P.</i> |   |        |
| <b>Line Dancing</b><br>Community Room B               |        |         | 1:30PM-2:30PM<br>(Group Exercise)<br><i>Lois T.</i>  |  |  |   |        |
| <b>Mat Pilates</b><br>Community Room B                |        |         | 5:00PM-6:00PM<br>(Mind Body)<br><i>Lawana S.</i>   |  |  |   |        |
| <b>Better Balance</b><br>Community Room B             |        |         |  | 9:00AM-9:45AM<br>(Group Exercise)<br><i>Bob F.</i>   |  |   |        |
| <b>HLC Aquatics Arthritis</b><br>Pool                 |        |         |  | 9:00AM-9:45AM<br>(Aqua)<br><i>Lauri D.</i><br><br>10:00AM-10:45AM<br>(Aqua)<br><i>Lauri D.</i> |  |   |        |
| <b>HLC Get Up &amp; Go</b>                            |        |         |  | 9:00AM-9:45AM<br>(Active Older Adult)<br><i>Lawana S.</i>                                      |  |   |        |

|  | Monday | Tuesday | Wednesday | Thursday   | Friday   | Saturday | Sunday |
|--|--------|---------|-----------|--|--|----------|--------|
| <b>Brain and Body (formerly known as Delay The Diseases)</b><br>Community Room B |        |         |           | 10:00AM-10:45AM<br>(Active Older Adult)<br><i>Bob F.</i> |  |          |        |
| <b>Chair Yoga</b><br>Community Room B  |        |         |           | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Peg P.</i>     | 10:00AM-10:45AM<br>(Group Exercise)<br><i>Peg P.</i> |          |        |
| <b>Mat Pilates</b><br>Community Room A   |        |         |           | 10:00AM-10:45AM<br>(Mind Body)<br><i>Lawana S.</i>       |  |          |        |
| <b>HLC Cardio Drumming</b><br>Community Room A                                   |        |         |           | 11:00AM-11:45PM<br>(Cardio)<br><i>Peg P.</i>             |  |          |        |
| <b>Step Interval</b><br>Community Room B   |        |         |           | 5:00PM-6:00PM<br>(Group Exercise)<br><i>Mindy M.</i>     |  |          |        |