



## Southwest YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic</b> Big Gym					8:15AM-9:00AM (Group Exercise) <i>Jackie W.</i>  9:15AM-10:00AM (Group Exercise) <i>Alicia</i>		
<b>Aquacise</b>					9:00AM-9:45AM (Group Exercise) <i>Lisa</i>		
<b>Group Active</b> Group Fitness Studio					9:00AM-10:00AM (Group Exercise) <i>Jennifer M.</i>	8:00AM-9:00AM (Group Exercise) <i>Becki P.</i>	
<b>Group Fight</b> Group Fitness Studio					10:00AM-10:30AM (Cardio) <i>Lisa P.</i>	9:45AM-10:15AM (Cardio) <i>Lisa P.</i>	
<b>Zumba</b> Group Fitness Studio					10:30AM-11:30AM (Group Exercise) <i>Alicia</i>		
<b>Group Centergy</b> Group Fitness Studio					11:45AM-12:30PM (Mind Body) <i>Jennifer M.</i>		
<b>Low-Impact Dance Fitness</b> Mind Body Dance Studio					11:45AM-12:30PM (Group Exercise) <i>Alicia</i>		
<b>Mat Pilates</b> Group Fitness Studio						8:00AM-8:45AM (Mind Body) <i>Holly</i>	
<b>Aqua Boot Camp</b> Pool						8:00AM-8:45AM (Group Exercise) <i>Susan W.</i>	
<b>Group Core®</b> Group Fitness Studio						9:05AM-9:35AM (Group Exercise) <i>Holly</i>	
<b>Group Power</b> Group Fitness Studio						10:30AM-11:30AM (Group Exercise) <i>Lisa P.</i>	
<b>DanceFit</b> Group Fitness Studio						11:45AM-12:30PM (Cardio) <i>Alicia</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Restorative Yoga</b> Mind Body Dance Studio							4:00PM-4:45PM (Group Exercise) <i>Martina S.</i>