Group Fitness Schedule

January 7th - 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY AM	Yin Yoga 6:00-7:00	B- Fit Bootcamp	Gentle Yoga 7:00-8:00	B- Fit Bootcamp	Power Yoga 6:00-7:00		
	Cardio Circuit 8:30-9:30	Cycle 6:00-6:45	Flexible Strength 8:30-9:30	Cycle 6:00-6:45	Gentle Yoga 7:00-8:00	Pound 8:30-9:30	
		Muscle 8:30-9:30		Muscle 8:30-9:30	Flexible Strength 8:30-9:30	P90X LIVE 8:30-9:30	
AM	Spartacus 5:30-6:30	Total Body Works 9:30-10:45	HIIT 8:30-9:30	Total Body Works 9:30-10:45	Barre Fusion 9:30-10:30	Pure Stretch 9:30-10	
	Pilates Fusion 9:30-10:30	Yoga 9:30-10:45am	Body Pump 9:30-10:30	Yoga 9:30-10:45	Yoga 9:15-10:30	Hatha Yoga 9:30-10:45	
	Body Pump 9:30-10:30	Barre Bootcamp 11-11:45	Barre Fusion 9:30 -10:30		Shred 9:00-10:00		
	Cross Training Lite 10:30-11:30		Zumba 10:30-11:30		Pure Stretch 10:30-11:30		Yoga 2:30-3:30
	Barre Fusion 10:45-11:45				Zumba Toning 10:45-11:30		
LUNCH			Pure Pilates 10:30-11				
			Yoga for Athletes 11:30-12				
PM	HIIT 4:30-5:30	Cross Training 4:30-5:30		HIIT 4:30-5:30			
	Spartacus 5:30-6:30	Vibe Fitness 5:30-6:30	Flexible Strength 4:30-5:30	Cycle 5:30-6:30			
	Cycle 5:30-6:30	P90X LIVE 5:30-6	SHRED 5:30-6:30	P90X LIVE 5:30-6			
			Zumba 5:30-6:30	Barre Fusion 5:30-6:30			
	Yoga for Athletes 5:30-6:30	Hatha Yoga 6-7:15	Beginner Yoga 5:30-6:30	Body Pump 6:30-7:30			
		Body Pump 6:30-7:30					

TRY OUT OUR NEW B-FIT BOOTCAMP TUESDAY AND THURSDAY 6AM LES MILLS DEMO VITRUAL CYCLE CLASSES 01/14 AND 1/16 SIGN UP AT DESK LIMITED SPOTS AVAILABLE

Location :

Gym	Group X Studio	HKC
Cycle Room	Multi Purpose Room	

All group membership classes are FREE with your YMCA Membership except FEE BASE PROGRAMS TRX & Kettlebells

Check weekly schedule at the front desk

Ages 13 and older may participate in group fitness classes with a parent, children ages 11-12 may participate in Zumba or Pound with a parent. Family Pound class child must be at least age 7 and with a parent . For more questions contact: Kathy Thomas (434) 847-5597