Group Fitness Schedule

October 1st - November 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY AM	Yin Yoga 6:00-7:00				Power Yoga 6:00-7:00		
	Cardio Circuit 8:30-9:30	Cycle 6:00-6:45	Gentle Yoga 7:00-8:00	Cycle 6:00-6:45	Gentle Yoga 7:00-8:00	Pound 8:30-9:30	
	Flexible Strength 8:30-9:30	Muscle 8:30-9:30	Flexible Strength 8:30-9:30	Muscle 8:30-9:30	Flexible Strength 8:30-9:30	P90X LIVE 9-10	
	Pilates Fusion 9:30-10:30	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 10:00-10:30	
AM	Body Pump 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	
		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				
	HIIT 4:30-5:30		Yoga for Athletes 11:30-12				
	Spartacus 5:30-6:30	Cross Training 4:30-5:30	Flexible Strength 4:30-5:30	HIIT 4:30-5:30			
	Cycle 5:30-6:30	Vibe Fitness 5:30-6:30	SHRED 5:30-6:30	Cycle 5:30-6:30			
		P90X LIVE 5:30-6		P90X LIVE 5:30-6			
PM			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 6:05-7:05			
		Body Pump 6:05-7:05					

P90X CLASS WILL BE 10/3 8:30AM intsead of HIIT DEMO CLASSES: SUPERFIT 10/8 3:30, 10/17 6:30pm,10/22 3:30 & 10/24 6:30pm

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