

**Downtown YMCA MAY 2019 GROUP FITNESS CLASSES ARE FREE WITH YMCA MEMBERSHIP! (Except \*TRX, Kettlebells and other SPECIALTY classes as scheduled) Multi-purpose room**

◀ Monday 5.06 ▶		◀ Tuesday 5.07 ▶		◀ Wednesday 5.08 ▶		◀ Thursday 5.09 ▶		◀ Friday 5.10 ▶		◀ Saturday 5.11 ▶		◀ Sunday 5.12 ▶		
Class Time	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym
6:00am – 7:00am				Cycle 6-6:45 John				Cycle 6-6:45 Wendy	Gentle Yoga 7-8 Beth W	Power Yoga Jan MP				
8:30am – 9:30am	Flexible Strength ASHLEY	Cardio Circuit Mary Lynn		Muscle Mary Lynn	Flexible Strength Andrea	HIIT Julia		Muscle Andrea	Flexible Strength TERESA	SHRED 9-10am Jan	Pound Kelly			
9:00am – 9:30am	Les Mills RPM				Les Mills RPM					Yoga Marinda 9:15-10:30 MP		9-10am P90XLIVE Jill		
9:30am – 10:30am	Body Pump Hilary	Pilates Fusion ASHLEY MP	Yoga 9:30-10:45 Gary	Total Body Works 9:30-10:45 Jan	Barre Fusion Amanda	Body Pump Julia	Yoga 9:30-10:45 Gary	Total Body Works 9:30-10:45 Jill	Barre Fusion TERESA		Hatha-Yoga 9:30-10:45 Christine	Pure Recovery 10-10:30 Jill	Les Mills RPM 30 2-2:30	
10:30am – 11:30am		Cross Training Lite Jan	Barre Bootcamp 11-11:45am Brittany		Zumba Adrienne		Barre Bootcamp 11-11:45am Brittany		Zumba Toning 10:45-11:30 Beth Z	Pure Stretch Jan MP		Les Mills Sprint 10-10:30	Yoga 2:30-3:30 GARY	
12:00pm – 12:30pm	Barre Fusion Jennifer 10:45-11:45	Les Mills Sprint		Les Mills RPM 30	Pure Pilates 10:30-11 Amanda MP	Les Mills Sprint		Les Mills RPM 30		Les Mills Sprint				
12:30 -1					Yoga for Athletes 11:30-12 Beth W									
4:30pm – 5:30pm	HIIT Jan	Les Mills Sprint 4:30-5	Cross Training Lite Andrea	AP Kids Program 4pm -5pm	Flexible Strength Kelly	SHRED 5:30-6:30 Jan	Les Mills Sprint 4:30-5	AP Kids Program 4pm -5pm						
5:30pm – 6:30pm	Spartacus Julia	Cycle Sondra	Vibe Fitness 5:30-6:30 Maria	P90X LIVE 5:30-6 Jan	Zumba Maria	Beginner Yoga 5:30-6:30 Beth W MP	HIIT Kelly	Cycle Sondra						
6:30pm – 7:45pm		Yoga for Athletes 5:30-6:30 Beth W MP	Hatha Yoga 6-7:15pm Beth W MP	Les Mills RPM 5:30-6:30		Les Mills Sprint 5:30-6	Barre Fusion 5:30-6:30 Amanda	P90X Live 5:30-6 Kelly						
			Body Pump 6:30-7:30 Hilary				Body Pump 6:30-7:30 Brittany							



MAY 2019

Class Time	◀ Monday 5.20 ▶		◀ Tuesday 5.21 ▶		◀ Wednesday 5.22 ▶		◀ Thursday 5.23 ▶		◀ Friday 5.24 ▶		◀ Saturday 5.25 ▶		◀ Sunday 5.26 ▶	
	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym
6:00am – 7:00am				Cycle 6-6:45 John				Cycle 6-6:45 Wendy	Gentle Yoga 7-8 BETH W	Power Yoga Jan MP				
8:30am – 9:30am	Flexible Strength Andrea	Cardio Circuit Mary Lynn		Muscle Mary Lynn	Flexible Strength Andrea	HIIT Julia		Muscle Andrea	Flexible Strength TERESA	SHRED 9-10am Jan	Pound Kelly			
9:00am – 9:30am	Les Mills RPM				Les Mills RPM					Yoga 9:15-10:30 Marinda MP		9-10 P90X LIVE Jill		
9:30am – 10:30am	Body Pump Hilary	Pilates Fusion Andrea MP	Yoga 9:30-10:45 Gary	Total Body Works 9:30-10:45 Jan	Barre Fusion Amanda	Body Pump Julia	Yoga 9:30-10:45 Gary	Total Body Works Jill 9:30-10:45	Barre Fusion TERESA		Hatha-Yoga 9:30-10:45 ERIN	Pure Recovery 10-10:30 Jill		
10:30am – 11:30am		Cross Training Lite Jan	Barre Bootcamp 11-11:45am Brittany		Zumba Adrienne		Barre Bootcamp 11-11:45am Brittany		Zumba Toning 10:45-11:30 Beth Z	Pure Stretch Jan MP		Les Mills Sprint 10-10:30	Yoga 2:30-3:30 Gary	
12:00pm – 12:30pm	Barre Fusion JENNIFER 10:45-11:45	Les Mills Sprint		Les Mills RPM 30	Pure Pilates 10:30-11 Amanda MP	Les Mills Sprint		Les Mills RPM 30		Les Mills Sprint				
12:30 – 1					Yoga for Athletes 11:30-12 Beth W									
4:30pm – 5:30pm	HIIT Jan	Les Mills Sprint 4:30-5	Cross Training Lite Andrea	AP Kids Program 4pm -5pm	Flexible Strength Kelly	SHRED 5:30-6:30 Jan	Les Mills Sprint 4:30-5	AP Kids Program 4pm -5pm						
5:30pm – 6:30pm	Spartacus Julia	Cycle Sondra	Vibe Fitness 5:30-6:30 Maria	P90X LIVE 5:30-6 Jan	Zumba Maria	Beginner Yoga 5:30-6:30 Beth W MP	HIIT Kelly 4:30-5:30	Cycle Sondra						
6:30pm – 745pm		Yoga for Athletes Beth W 5:30-6:30 MP	Hatha Yoga 6-7:15 Beth W MP	Les Mills RPM 5:30-6:30		Les Mills RPM 5:30-6:30	Barre Fusion Amanda 5:30-6:30	P90X Live 5:30-6 Kelly						
			Body Pump 6:30-7:30 Hilary				Body Pump 6:30-7:30 Brittany							

MAY 2019

Class Time	◀Monday 5.27 ▶		◀Tuesday 5.28▶		◀Wednesday 5.29▶		◀Thursday 5.30▶		◀Friday 5.31▶		◀Saturday 6.01▶		Sunday 6.02	
	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym
6:00am – 7:00am				Cycle 6-6:45 John				Cycle 6-6:45 Wendy	Gentle Yoga 7-8 Beth W.	Power Yoga Jan MP				
8:30am – 9:30am	MEMORIAL DAY	*****		Muscle Mary Lynn	Flexible Strength Andrea	P90X Jan		Muscle Andrea	Flexible Strength TERESA	SHRED 9-10am Jan	Pound 8:30-9:30am Kelly			
9:00am – 9:30am	*****					Les Mills RPM				Yoga 9:15-10:30 Marinda MP		9-10am P90X LIVE Jill		
9:30am – 10:30am	*****	Cardio Circuit Mary Lynn	Yoga 9:30-10:45 Gary	Total Body Works 9:30-10:45 Jan	Barre Fusion Amanda	Body Pump Hilary	Yoga 9:30-10:45 Gary	Total Body Works 9:30-10:45 Jill	Barre Fusion TERESA		Hatha Yoga 9:30-10:45 Christine	Pure Recovery 10-10:30 Jill	Les Mills RPM 30 2-2:30	
10:30am – 11:30am	*****	*****	Barre Bootcamp 11-11:45am Brittany		Zumba Adrienne		Barre Bootcamp 11-11:45am Brittany		Zumba Toning 10:45-11:45 Beth Z	Pure Stretch Jan MP		Les Mills Sprint 10-10:30	Yoga 2:30-3:30 GARY	
12:00pm – 12:30pm				Les Mills RPM 30	Pure Pilates 10:30-11 Amanda MP	Les Mills Sprint		Les Mills RPM 30		Les Mills Sprint				
12:30 -1pm					Yoga for Athletes 11:30-12 Beth W									
4:30pm – 5:30pm			Cross Training Lite Jan	AP Kids Program 4pm -5pm	Flexible Strength Kelly	SHRED 5:30-6:30 Jan	Les Mills Sprint 4:30-5	AP Kids Program 4pm -5pm						
m – 6:30pm			Vibe Fitness 5:30-6:30 Maria	P90X LIVE 5:30-6 Jan	Zumba Maria	Beginner Yoga 5:30-6:30 Beth W MP	HIIT Kelly 4:30-5:30	Cycle Sondra						
6:30 - 7:45pm			Hatha Yoga 6-7:15 Beth W MP	Les Mills RPM 5:30-6:30		Les Mills RPM 5:30-6:30	Barre Fusion 5:30-6:30 Amanda	P90X Live 5:30-6 Kelly						
			Body Pump 6:30-7:30 Hilary				Body Pump 6:30-7:30 Brittany							