Group Fitness Schedule

AUGUST 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY AM					Power Yoga 6:00-7:00		
AM	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	
	Les Mills RPM 9-9:30	Muscle 8:30-9:30	Les Mills RPM 9-9:30	Muscle 8:30-9:30	Balance and Restore 8:30-9:30	P90X LIVE 9-10	
	Flexible Strength 8:30-9:30	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 Recovery 10:10:30	
	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	
	P90X 9:30-10:30	Barre Bootcamp 11-11:45	Barre Fusion 9:30 -10:30	Barre Bootcamp 11-11:45	Shred 9:00-10:00	Les Mills Sprint 10-10:30	Les Mills RPM 30 2-2:30
	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	Les Mills Sprint 12-12:30	Les Mills RPM 30 12-12:30	Yoga for Athletes 11:30-12	Les Mills RPM 30 12-12:30	Les Mills Sprint 12-12:30		
PM	Les Mills Sprint 4:30-5		Les Mills Sprint 12-12:30	Les Mills Sprint 4:30-5			
	HIIT 4:30-5:00	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			
		Les Mills RPM 5:30	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	Les Mills RPM 5:30 -6:30				

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: Courtney Peek (434) 847-5597