Group Fitness Schedule

Jamerson Family YMCA

February 3- March 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Am	Cycle| Hiit 6:00 |5:45 Yoga 5:45	BodyPUMP 5:45-6:45 Core 5:45-6:30	Cycle/Core 5:45 - 6:45 BodyCombat 5:45-6:15	P90X® Live 5:45 - 6:30	Tabata 5:45-6:15 Yoga 5:45	Tai Chi 7:30 - 8:30	**All group fitness classes are FREE** with your YMCA Membership (except those annotated with a ✦
Morning Hours	Bodycombat 8:30-9:30	AM Yoga 8:00-9:00	AM Yoga 8:00-9:00 REFIT® 8:00-9:00	AM Yoga 8:00-9:00	H.i.i.T. 8:30-9:20		✦ DENOTES CHANGE
	AB-solutely Core 9:00-9:30	Muscle 8:30-9:30	AB-solutely Core 9:00-9:30	Muscle 8:30-9:30	AB-solutely Core 9:00 - 9:30	Stott Pilates 8:00-9:00	••••
	Cross Training 9:30-10:30	Circuit Craze 8:30-9:30	Multi Step 9:30-10:30	Circuit Craze 8:30-9:30	BODYPUMP™ 9:25-10:30	BODYPUMP™ 8:00-9:15	**Please see website or Mobile APP for HOLIDAY SCHEDULE WE WILL HAVE MODIFIED SCHEDULE THE LAST TWO WEEKS OF DECEMBER**
	Cycle 9:30-10:30	BODYPUMP™ 9:30-10:45	Cycle 9:30-10:30	Flexible Strength 9:30-10:30	Cycle 9:30-10:30	Yin Yoga 9:00 - 10:15	
	Zumba 9:30 - 10:30	Flexible Strength 9:30-10:30	Barre Fusion 9:30-10:25	Tai Chi 9:30 - 10:30	Barre Fusion 9:30 - 10:25	Step 9:30-10:30	
	CT Lite 10:30-11:30 Stretch 11:35-11:55	STRONG 30 10:45-11:15	Zumba Gold 10:30-11:30	Zumba Toning 10:30-11:30		Cycle 9:00-10:00	
	Gentle Chair Yoga 10:45-11:45	Gentle Chair Yoga 10:45-11:45			CT Lite 10:30-11:30 Stretch 11:35-12:0	Barre 10:30-11:30	
	Tabata 12:00 Core 12:30	Easy Rider 10:45-11:15	Gentle Chair Yoga 10:45-11:45	Gentle Chair Yoga 10:45-11:45		Pound® 10:30-11:30	Gentle Chair Yoga 12:15 - 1:15
	Power Yoga 12:00-1:15	Yoga for Flexibility 12:00-1:00	Spartacus 12:00-1:00	Easy Rider 10:45-11:15	Gentle Chair Yoga 10:45-11:45	Zumba 1130 - 1230	BODYPUMP™ 1:05 - 2:15
	Balance & Restore 12:05 - 1:00PM	Stott Pilates 12:00-1:00	Power Yoga 12:00-1:15	Stott Pilates 12:00-1:00	Zumba 12:05-1:05	Mindfulness Practice 10:30-11:30	Sunday Yoga 1:15 - 2:30
	Chair Exercise 1:15-2:00	Cycle 12:00-12:45	Chair Exercise 1:15-2:00	Cycle 12:00-12:45	Power Yoga 12:00-1:15		Zumba 2:15 - 3:00
Afternoon Hours	Chair Tai Chi 1:15 - 2:15	PWR! Moves 1:15 - 2:15		Yoga for Flexibility 12:00-1:00	Chair Exercise 1:15-2:00		Beginner Yoga 2:30-3:45
			BODYPUMP™ 4:30-5:35	PWR! Moves 1:15 - 2:15	Yin Yoga 1:15 - 2:15		Cardio Groove 3:10-4:10
		Kickstart Fitness 5:30-6:15		Zumba 4:30 - 5:30	Vinyasa(Flow)Yoga 4:30 - 5:45		Sunday Yoga 4:00-5:15
	Spartacus 5:00 - 5:50	Cycle 5:30-6:15	Cycle 5:45-6:45	Cycle 5:30-6:15	Kids Martial Arts 5:00-6:30		Spartacus 4:15-5:00
	Bodypump 5:55-6:55	BODYPUMP™ 5:25 - 6:30	H.i.i.T. 5:45-6:45	BODYPUMP™ 5:45 - 7:00	Teen/Adult Mar Arts 6:30-7:30		
	Cycle 5:45-6:45	Power Yoga 5:45-7:00	Kids Martial Arts 5:00-6:30	Power Yoga 5:45-7:00	Tabata 6:00 - 6:30		
Evening Hours	Kids Martial Arts 5:00-6:30	Tabata 6:30 - 6:55	Teen/Adult Mar. Arts 6:30-7:30				
	Teen/Adult Mar. Arts 6:30-7:30	Pound® 7:00-8:00	Core 6:45-7:00	Pound® 7:00 - 8:00			
	Cardio Hip Hop 7:00-8:00	Yin Yoga 7:00-8:00	Cardio Funk 7:00-8:00	Beginner Yoga 7:00 - 8:00			
	Zumba 8:00-9:00	Zumba 8:00 - 9:00					

Kidz Gym	Cycle Studio	MP Room A/B	MP Room C	Studio

●KEMPO JIU-JITSU
Self Defense & Fitness: Kickboxing / Grappling / CrossPit Fitness
Kids Martial Arts M,W,F
5:00-5:30
5:30-6:30
Teen/Adult Martial Arts
M,W,F
6:30 - 7:30