



Healthy Living GROUP FITNESS CLASSES

STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45am Circuit Training Kim	8:00-9:00am Movers & Shakers Shirley	8:00-8:45am Circuit Training Sue	8:00-9:00am Movers & Shakers Sue	8:00-8:45am Circuit Training Capri	
9:15-10:15am Burn Angela	9:15-10:15am Step Michelle	9:15-10:15am Burn Angela	9:15-10:15am Step Angela	9:15-10:15am Burn Angela	
11:00-12:00pm Fitness 1.0 Kim		11:00-12:00pm Fitness 1.0 Kim		11:00-12:00pm Fitness 1.0 Kim	
12:30-1:30pm Chair Yoga Harry	1230-1:30pm Yoga Stacy	12:30-1:30pm Chair Yoga Jeanette	12:30-1:30pm Yoga Jeanette	1230-1:30pm Yoga Nanette	
5:30-6:30pm P90X Shawna	5:30-6:30pm Muscle Madness Jessica	5:30-6:30pm P90X Shawna	5:30-6:30pm Muscle Madness Jessica		
6:30-7:30pm Zumba Cece		6:30-7:30pm Zumba Cece			

The YMCA follows all State mandated requirements at time of program

Begins 2/3/2022



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STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45am Circuit Training Capri		9:00-9:45am Circuit Training Capri		9:00-9:45am Circuit Training Sue	
12:15-12:45pm HIIT 30 Brittany		12:15-12:45pm HIIT 30 Brittany			
6:15-7:00pm TRX Jen			6:15-7:00pm TRX Jen		

STUDIO C/OUTDOORS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Y Cycling Outdoors Marty	5:20-6:20am Y Cycling Indoor Teresa	8:30-9:30am Y Cycling Outdoors Deb	5:20-6:20am Y Cycling Indoor Teresa	8:30-9:30am Y Cycling Outdoors Deb	8:30-9:30am Y Cycling Indoors Buzz
10:00-11:00am Y Cycling Pedal+ Indoors Sandy/Laura	10:00-11:00am Y Cycling Pedal+ Indoor Sandy/Laura		10:00-11:00am Y Cycling Pedal+ Indoor Sandy/Laura		
	4:30-5:30pm Y Cycling Indoor Buzz		4:30-5:30pm Y Cycling Indoor Buzz		
5:15-6:15pm Y Cycling Indoor Teresa		5:15-6:15pm Y Cycling Indoor Mark			