

Downtown YMCA



Group Exercise Class Schedule Fall II Oct. 27th – Dec. 21st



Check out our NEW! Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00	YCycling (C) Angela	Power Sculpt (A) Melinda	YCycling (C) Tim	Power Sculpt (A) Melinda		
9:00-9:45						YCycling (C) Leslie
10:30-11:45						"SWEAT" New! (A) Melinda
11:30-12:15	On the Ball! (A) New! Anjie	Muscle Conditioning (A) Monica T.		Muscle Conditioning (A) Monica J.		
11:30-12:00			Express Rebounder (A) New! Roni			
12:05-12:35			Zumba Plus! (A) Irene/Vivian (A) Until 1:15pm		Zumba! (A) Irene	
12:00-12:45	YCycling (C) Sue 12:45-1:00 Crunchtime Sue	YCycling (C) Paul 12:45-1:00 Crunchtime Paul	YCycling (C) Felicity	YCycling (C) Paul 12:45-1:00 Crunchtime Paul	Cycle & Zen (C) Felicity	Vinyasa Yoga (A) 12:00-1:00 Lori
12:00-1:00	*Women on Weights (Fitness Center) Tracy R.		*Women on Weights (Fitness Center) Tracy R.			
12:15-1:15		Fitness Yoga (A) Lori		PiYo (A) Jane		
12:15-12:45	PULSE (G) Ron		PULSE (G) Ron		PULSE (G) Ron	
12:20-1:05	Yoga (Z) Felicity				Yoga Stretch(Z) Lori	
12:30-1:15	Rebound Fusion! (A) Vivian/Irene				Cardio Core Fusion (A) Melinda	
1:00-1:45						Guided Meditation (A) Nadine
5:15-6:00pm		On the Ball! (A) New! Marilyn		On the Ball! (A) New! Marilyn		
5:30-6:20	Step-n-Sculpt (A) Monica (Advanced)		Step-n-Sculpt (A) Monica (Advanced)			
6:20-6:40	Crunchtime Plus (A) Monica		Crunchtime Plus (A) Monica			
6:00-6:45	YCycling (C) Leslie	YCycling (C) Mark	YCycling (C) Shara	YCycling (C) Felicity YOGA (6:50-7:30)		
6:10-7:00pm		Rip to the Rhythm (A) Sidney		Rip to the Rhythm (A) Sidney		
6:00-7:15pm	Basic Power Yoga Nadine (Z)		Mat Pilates Yoga Fusion (Z) Felicity (Advanced)			
6:45-7:25pm	Cardio Core Fusion (A) Melinda (6:45-7:45)		Cardio Circuit (A) Beth			
6:50pm-7:30pm				Yoga (Z) Felicity		
7:10pm-8:00pm		Zumba (A) New! Arnold		Zumba (A) New! Arnold		
7:30-9:00pm			*Tai-Chi (A) Carl Roberts, Jr.			