

ZOOM GROUP EXERCISE SCHEDULE

BEGINNING: July 20, 2020



PASSWORD KEY:

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Zoom Password:

YMCA "time of class" Example:
YMCA5:30P or
YMCA7:30A

VIRTUAL SCHEDULE

KEY: SENIOR FRIENDLY CLASSES

MONDAY

SPIN
Jen
7:30 am
ID: 987 8194 6636

INTERVALS
Suzi
8:30 am
ID: 893 4944 6436

15/15/15
Jackie
9:30 am
ID: 924 6723 5791

SOUP CAN FITNESS
Mel
11:00 am
ID: 848 1605 7544

POWER YOGA
Rachel
12:00 pm
ID: 990 2693 6806

ZUMBA
Carla
4:30 pm
ID: 956 1177 4855

BW CARDIO
Tessa
4:30 pm
ID: 867 4103 0052

TUESDAY

HIIT
Sam
6:00 am
ID: 278 646 4014

MAT PILATES
Mel
8:30 am
ID: 893 4944 6436

ZUMBA
Carla
9:30 am
ID: 924 6723 5791

SILVER SNEAKERS
Glenn
11:00 am
ID: 848 1605 7544

BOOT CAMP
Jeanne
12:00 pm
ID: 990 2693 6806

BODY COMBAT
Erin
4:30 pm
ID: 867 4103 0052

SPIN
Suzi
5:30 pm
ID: 950 5079 0256

BODY PUMP
Julie
6:30 PM
ID: 881 1429 2191

WEDNESDAY

HIIT CIRCUIT
Jenn
6:00 am
ID: 278 646 4014

POUND
Julia
8:30 am
ID: 893 4944 6436

LIFT
Jackie
9:30 am
ID: 924 6723 5791

BALLESTONE
Melanie
11:00 am
ID: 848 1605 7544

ZUMBA
Laura T
6:30 pm
ID: 881 1429 2191

THURSDAY

DANCE FITNESS
Melanie
8:30 am
ID: 893 4944 6436

SENIOR STRENGTH & STRETCH
Julie
11:00 am
ID: 848 1605 7544

BODY COMBAT
Jaimee
4:30 pm
ID: 867 4103 0052

ZUMBA
Vicki
5:30 pm
ID: 950 5079 0256

FRIDAY

BOOT CAMP
Erin
6:00 am
ID: 278 646 4014

HIIT
Kristin
8:30 am
ID: 893 4944 6436

STRENGTH
Suzi
9:30 am
ID: 924 6723 5791

CHAIR PILATES
Mel
11:00 am
ID: 848 1605 7544

STRENGTH
Danielle
12:00 pm
ID: 990 2693 6806

LIFT
Terri
5:30 pm
ID: 950 5079 0256

SATURDAY

30/30 COMBAT/PUMP
Erin
8:30 am
ID: 893 4944 6436

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SUNDAY

SPIN
Jenn
7:30 am
ID: 987 8194 6636

INSANITY
Sarah H
9:00 am
ID: 927 8975 2509