



PASSWORD KEY:

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Zoom Password:

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

# ZOOM GROUP EX-

BEGINNING: Sept 8, 2020

VIRTUAL SCHEDULE

KEY: SENIOR FRIENDLY CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

HIIT  
Sam  
6:00 am  
ID: 278 646 4014

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

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

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

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

ZUMBA  
Carla  
5:30 am  
ID: 950 5079 0256

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

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

LIFT  
Jackie  
9:30 am  
ID: 924 6723 5791

BALLETONE  
Melanie  
11:00 am  
ID: 848 1605 7544

ZUMBA  
Carla  
6:30 pm  
ID: 881 1429 2191

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  
Carla  
6:00 pm  
ID: 849 1037 5317

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

HIIT  
Kristin  
8:30 am  
ID: 893 4944 6436

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

STRENGTH  
Danielle  
12:00 pm  
ID: 990 2693 6806

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

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YMCA7:30A

SPIN  
Jenn  
7:30 am

INSANITY  
Sarah H  
9:00 am