

IN PERSON & VIRTUAL GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

9/18/2020-
10/11/20

MONDAY

SPINNING
Joanne
5:30am

YOGA
GIZEM
8:00am

ZUMBA
CARLA
4:30pm

STRONG
PAULETTE
6:00 pm

TUESDAY

STT
SCOTT
5:30am

STRENGTH & BALANCE
JOCELYN
8:30am

ZUMBA
CARLA
9:30am

ZUMBA
ANNA
6:00pm

SPINNING
MIRA
6:00pm

WEDNESDAY

SPINNING
SCOTT
5:30am

CHAIR YOGA
PAT
11:00am

BOOTCAMP
THAEA
6:00p

YOGA FLOW
WENDY S
6:00pm

THURSDAY

STT
SCOTT
5:30am

SENIOR CARDIO
TANYA
8:30am

ZUMBA
CARLA
6:00pm

SPINNING
HEIDI
6:00pm

FRIDAY

SPINNING
Joanne
5:30am

SENIOR WALKING CLUB *
KATIE
8:30am

SATURDAY

SPINNING
HEIDI
8:15am

STT
TANYA
9:30am

SUNDAY

*walking club will meet outside of the main entrance at the bench

- Indoor classes are limited to the first 9 participants
- Outdoor classes are limited to the first 24 participants

Both outdoor and some indoor classes will be cancelled if we experience bad weather at the time of your class.

Please call Welcome Center to confirm that your class is running in such circumstances

KEY:

LOCATION:

IN PERSON OUTSIDE	BLACK TOP
IN PERSON INSIDE	GYMNASIUM
SENIORS OUTSIDE	BLACK TOP
IN PERSON INSIDE	STUDIO A
IN PERSON INSIDE	WHEELER ROOM
ZOOM Virtual Class	ZOOM Password: YMCA "time of class" Example: YMCA5:30P or YMCA 7:30A