

# HALE GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



LIVE AT HALE SCHEDULE

## MONDAY

**CYCLE**  
Earl  
5:15A  
G CAP 18

**BODYPUMP**  
Agnes  
6:00A  
A CAP 6

**CYCLE**  
Jenn  
8:00A  
G CAP 18

**CORE & MORE**  
Jenn  
9:00A  
G CAP 18

**AQUA FITNESS**  
Cindy  
9:00A  
Lap Pool CAP 21

**BODYPUMP**  
Julie  
10:00A  
G CAP 18

**BODY PUMP**  
Jaimee  
5:30P  
G CAP 18

## TUESDAY

**LIFT**  
Bri  
5:15A  
G CAP 18

**SENIOR STRENGTH & CARDO**  
Cindy  
10:00 A  
G CAP 18

**GENTLE JOINTS**  
Salina  
11:30 A  
WWP CAP 14

**BODY COMBAT**  
Erin  
4:30 pm  
G CAP 18

**PILATES**  
Nicole  
5:30P  
A CAP 18

## WEDNESDAY

**SWIMMER STRENGTH HYBRID: COMBAT/PUMP/CORE**  
Erin  
5:30A  
G CAP 18

**CYCLE**  
Jenn  
8:00A  
G CAP 18

**CORE & MORE**  
Jenn  
9:00A  
G CAP 18

**AQUA FITNESS**  
Cindy  
9:00A  
Lap Pool CAP 21

**ZUMBA**  
Jaimee  
4:30P  
G CAP 18

**BODY PUMP**  
Melissa  
5:30P  
G CAP 18

## THURSDAY

**MIXFIT**  
Bri  
5:15A  
G CAP 18

**INSANITY**  
Earl FB  
5:30A  
A CAP 6

**AQUA FITNESS**  
Cindy  
9:00A  
Lap Pool CAP 21

**BODYPUMP**  
Julie  
10:00A  
G CAP 18

**SENIOR STRENGTH & STRETCH**  
Julie  
11:00A  
G CAP 18

**GENTLE JOINTS**  
Debbie  
11:30 A  
WWP CAP 14

**BODY COMBAT**  
Jaimee  
4:30P  
G CAP 18

**YOGA**  
Bonny  
5:30P  
A CAP 18

## FRIDAY

**CYCLE**  
Jenn  
5:15A  
G CAP 18

**BOOTCAMP**  
Erin  
6:00A  
A CAP 6

**HIIT**  
Christina  
9:00A  
G CAP 18

**AQUA FITNESS**  
Cindy  
9:00A  
Lap Pool CAP 21

## SATURDAY

**ZUMBA**  
Sarah  
8:30A  
G CAP 18

**CYCLE STRENGTH**  
Nicole  
9:30A  
G CAP 18

**AQUA FITNESS**  
Melissa/Agnes  
9:00A  
Lap Pool CAP 21

**YOGA**  
Rhonda  
11:00A  
A CAP 18

## SUNDAY

**SUNDAY CYCLE**  
Jenn  
7:30A  
G CAP 18

**HYBRID COMBAT /PUMP**  
Erin  
8:30A  
G CAP 18

Stretch  
Autumn  
9:30A  
A CAP 18

Key	HALE IN PERSON Gym /Studio A
	HALE IN PERSON & GHYMCA ZOOM
	G = Gymnasium : A = Studio A: CAP =class capacity

# VIRTUAL GROUP EXERCISE SCHEDULE



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VIRTUAL SCHEDULE

MONDAY

<b>SOUP CAN FITNESS</b> Mel 11:00A

TUESDAY

<b>HIIT</b> Sam 6:00A
<b>MAT PILATES</b> Mel 8:30A

WEDNESDAY

<b>BALLETONE</b> Melanie 11:00A

THURSDAY

<b>ZUMBA GOLD</b> Melanie 8:30A

FRIDAY

<b>CHAIR PILATES</b> Mel 11:00A

SATURDAY


SUNDAY


KEY	
	Zoom Classes suitable for Seniors

# GROUP EXERCISE LIVE POP-UPS



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LIVE POP-UP SCHEDULE

## MONDAY

Pop-Up Zumba  
Jaimee  
4:30 pm  
11/9 & 11/23

Pop-Up Step  
Melissa  
4:30PM  
11/2, 11/16, 11/30

## TUESDAY

Pop-Up BOSU  
Bri  
8:00 am  
11/10 & 11/24

Pop-Up TAG/HIIT  
Christina  
9:00 am  
11/3 & 11/17

## WEDNESDAY

## THURSDAY

THANKSGIVING  
ZUMBA  
Sarah  
9:00AM  
11/26

Pop-Up HIIT  
Strength  
Autumn  
6:00PM  
11/4 & 11/18

## FRIDAY

POP-UP Cardio  
Strength  
Bootcamp  
Melissa  
5:00PM  
11/13

## SATURDAY

## SUNDAY