

ZOOM GROUP EXERCISE SCHEDULE

BEGINNING: Jan 4, 2021



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PASSWORD KEY:

Zoom Password:

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

VIRTUAL SCHEDULE

KEY: SENIOR FRIENDLY CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HIIT
Sam
6:00 am
ID: 278 646 4014

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

CYCLE
Erin/Melissa
7:30 am
ID: 987 8194 6636

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

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

BALLETONE
Melanie
11:00 am
ID: 848 1605 7544

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

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

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

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

STRENGTH
Danielle
12:00 pm
ID: 990 2693 6806

ZUMBA
Carla
4:30 pm
ID: 956 1177 4855

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

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

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

ZUMBA
Carla
5:00 pm
ID: 950 5079 0256

ZUMBA
Carla
6:00 pm
ID: 849 1037 5317

ZUMBA
LauraT
6:30 pm
ID: 881 1429 2191

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