

# 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**  
Christina  
8:00A  
G CAP 18

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

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

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

**TUESDAY**

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

**HIIT**  
Sam  
6:00A  
A CAP 6

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

**GENTLE JOINTS**  
Salina  
11:30—12:15P  
WWP CAP 10

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

**CYCLE**  
Nicole  
5:30P  
G CAP 18

**WEDNESDAY**

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

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

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

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

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

**THURSDAY**

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

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

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

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

**FRIDAY**

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

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

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

**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 8

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

**SUNDAY**

**SUNDAY CYCLE**  
Erin/Melissa  
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

**Aqua Fitness** : 9AM Mon-Fri space is limited. For scheduling and availability contact: Jennifer Looney: 860.315.9622 x125  
Jennifer.Looney@ghymca.org.