

ZOOM GROUP EXERCISE SCHEDULE the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BEGINNING: March 1, 2021

VIRTUAL SCHEDULE

KEY: SENIOR FRIENDLY CLASSES

MONDAY

BOOTCAMP*

Kate
5:15am

ID: 937 5007 3138

BODYPUMP

Agnes
6:00am

ID: 97084216477

ZUMBA STEP*

Maria
9:15 am

ID: 936 1321 3388

SOUP CAN FITNESS

Mel
11:00 am

ID: 848 1605 7544

POWER YOGA

Rachel
12:00 pm

ID: 990 2693 6806

Silver Sneakers

Classic*
Glorimar
12:15 pm

ID: 922-6722-3272

ZUMBA

Carla
4:30 pm

ID: 956 1177 4855

STT*
Glorimar
5:30 pm

ID: 948 2451 5774

TUESDAY

STT*

Heidi
5:15 am

ID: 914 8461 4851

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 pm

ID: 950 5079 0256

WEDNESDAY

STRENGTH & CONDITIONING*

Jesse
9:00am

ID 993 3670 6434

SILVER SNEAKERS

CLASSIC*
Mo
10:15 am

ID: 953 3501 6485

BALLETONE

Melanie
11:00 am

ID: 848 1605 7544

SILVER SNEAKERS* STRENGTH & BAL

Mo
11:15 am

ID: 967 5642 5436

BODYPUMP

Melissa
5:30pm

ID: 955 7325 0699

ZUMBA*

Rodolfo
5:30 pm

ID 981-8954-4764

ZUMBA

LauraT
6:30 pm

ID: 881 1429 2191

THURSDAY

SILVER SNEAKERS

CLASSIC*
Mo
9:00 am

ID: 928 1457 9865

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

FRIDAY

BOOT CAMP*

Jesse
7:45 am

ID: 957 2321 9956

SILVER SNEAKERS

CORE*
Mo
10:15 am

ID: 978 7791 5699

CHAIR PILATES

Mel
11:00 am

ID: 848 1605 7544

STRENGTH

Danielle
12:00 pm

ID: 990 2693 6806

SATURDAY

STT*
Heidi
7:15 am

ID 957 2994 8611

ZUMBA*

Laura
9:15 am

ID :967 6584 2961

Zoom Password:

Classes without*

YMCA + "time of class"
Example: YMCA5:30P

SUNDAY

ZUMBA

Tressa
8:00 am

ID: 919 8433 0446

Zoom Password:

Classes with*

IV+"time of class"
Example: IV7:30A