

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
JULY 2019

Class Time	◀ Monday 07.01 ▶		◀ Tuesday 07.02 ▶		◀ Wednesday 07.03 ▶		◀ Thursday 07.04 ▶		◀ Friday 07.05 ▶		◀ Saturday 07.06 ▶		◀ Sunday 07.07 ▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am	6:00 – 6:45 *Cycle DONNA	5:45 – 6:45 Power Yoga ERIN	5:45 – 6:45 BODYPUMP BRITTANY	5:45 – 6:30 AB-Core JULIA	5:45-6:45 BODY COMBAT COURTNEY	5:45 – 6:45 *Cycle/Core PAULA	HOLIDAY		5:45 – 6:15 Tabata JOEL	5:45 – 6:45 Power Yoga STEVE	8:00 – 9:00 MP ROOM C Stott Pilates TERESA	7:30 – 8:30 Tai Chi JESSE		
8:00am – 9:00am	5:45 – 6:30 H.i.i.T. JULIA	9:00 – 9:30 AB-Core ERICA		8:00 – 9:15 AM Yoga LEESA	8:00– 9:00 REFIT@ BECKY	8:00 – 9:15 AM Yoga GARY		8:00-9:00 AM YOGA STACY	8:30 – 9:20 H.I.I.T. JULIA	9:00 – 9:30 AB. Core ERICA		9:00 – 10:15 YIN Yoga LEESA		12:15 – 1:15 Gentle Chair Yoga MARINDA
8:30am – 9:30am	BODY COMBAT COURTNEY	9:30 – 10:30 ZUMBA BETH	Muscle JULIA		9:00 – 9:30 AB-solutely Core JULIA	9:30 – 10:30 Barre Fusion BRITTANY	8:30 – 9:15 Muscle MARY LYNN		9:30 – 10:30 Pure Recovery MPC-ERICA	9:30 – 10:30 Barre Fusion TERESA	8:00 – 9:15 BODYPUMP BRIDGETT	9:00 – 10:15 *Cycle JEN	1:05– 2:15 BODYPUMP BRENDA	1:15 – 2:30 SUNDAY YOGA MARINDA
9:30am – 10:30am	Cross Training COURTNEY	*Cycle PAULA	9:30 – 10:45 BODYPUMP JULIA	SHERRIANN	Flexible Strength JULIA	*Cycle VICKI	9:20-10:00 Body Combat COURTNEY	10:45-11:15 EASY RIDER VICKI	9:25 – 10:30 BODYPUMP COURTNEY	*Cycle JULIA	9:30– 10:30 Step MARYLYNN	10:15 – 11:30 POWER Yoga LEESA	2:15 – 3:15 ZUMBA STEFFY	2:30 – 3:45 Beginner YOGA MARINDA
10:30am – 11:30am	10:30-11:55 Cross Training Lite & Stretch JULIA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:45 – 11:45 STRONG@ By Zumba BILLY	10:45 – 11:45 Gentle Chair Yoga MARINDA	ZUMBA GOLD BETH	10:45 – 11:45 Gentle Chair Yoga CHRISTINE	10:00-10:45 POUND NICHIA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:35-12:00 Cross Training Lite & Stretch ERICA	10:45 – 11:45 Gentle Chair Yoga LEESA	10:30 – 11:30 POUND@ BETH	11:30 – 12:30 Mindfulness Practice LEESA		
12:00pm – 1:00pm	12 – TABATA 12:30 CORE JULIA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle TRICIA	Spartacus ERICA	12:00-1:15 Power Yoga CHRISTINE			12:05 – 1:05 ZUMBA BETH	12:00 – 1:15 Power Yoga LEESA	11:30 – 12:30 ZUMBA BILLY		4:15 – 5:15 Spartacus	4:00 – 5:15 Sunday YOGA MARINDA
1:15pm – 2:00pm	Chair Exercise MARY	1:15 – 2:15 Chair Tai CHI JESSE	10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise ERICA			12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise PAULA	1:15 – 2:15 YIN Yoga LEESA				
1pm – 5:30pm	12:05-1PM MP ROOM C AOA Balance & Restore	RENEE	1:15 – 2:15 ●PWR! MOVES TERRY		4:30 – 5:35 BODYPUMP BRIDGETT				4:30 – 5:45 Vinyasa (Flow) Yoga GARY					
5:00pm – 5:30pm	4:00 – 4:55 Core/TABATA BOOTCAMP MARIA	5:00 – 5:55 Flexible Strength MARYLYNN												
5:45pm – 6:45pm	5:00 – 5:50 Spartacus BRIDGETT	5:45 – 6:45 *Cycle MIKE	5:25 – 6:30 BODYPUMP	5:30 – 6:15 * Cycle JOHN	5:45 – 6:45 H.I.I.T. BRIDGETT	5:45 – 6:45 *Cycle HOWARD							5:30 – 6:30 ●Kids Martial Arts ANDY	
6:45pm- 7:00pm	5:55 – 7:00 BODYPUMP	6:00 – 7:00 ●Kids Martial Arts ANDY	6:30 – 6:55 TABATA TRICIA	5:45 – 7:00 Power Yoga LEESA	Abs/Back BRIDGETT	6:00 – 7:00 ●Kids Martial Arts ANDY			6:00 – 6:30 TABATA BRIDGETT	6:30 – 7:30 ●Teen/Adult Martial Arts ANDY				
7:00pm- 8:00pm	Cardio Funk MARIA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	POUND@ BETH		Cardio Funk KENA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY								
8:00pm – 9:00pm	ZUMBA KIRSTIN		ZUMBA JENI	7:00 – 8:00 YIN Yoga LEESA										

KEY

BODYPUMP and CYCLE are first come first serve.

● Fee Based Class – Please contact front desk for details and sign-up

■ PWR! MOVES – Parkinson’s Class
 Tues/Thurs 1:15PM – designed especially for those with Parkinson’s Disease. Cost is \$45 members, \$75 for non-members – 8 weeks.

Group Fitness Coordinator: COURTNEY PEEK 582 -1900 Ext. 239
 CHECK our MOBILE APP FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “●”)

Jamerson Family YMCA
GROUP FITNESS SCHEDULE
JULY 2019

Class Time	◀ Monday 07.08 ▶		◀ Tuesday 07.09 ▶		◀ Wednesday 07.10 ▶		◀ Thursday 07.11 ▶		◀ Friday 07.12 ▶		◀ Saturday 07.13 ▶		◀ Sunday 07.14 ▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am	6:00 – 6:45 *Cycle JOEL	5:45 – 6:45 Power Yoga STACEY	5:45 – 6:45 BODYPUMP BRITTANY	5:45 – 6:30 AB-Core JULIA	5:45-6:45 BODY COMBAT COURTNEY	5:45 – 6:45 *Cycle/Core DONNA	5:45 – 6:30 P90X® Live DONNA		5:45 – 6:15 Tabata JOEL	5:45 – 6:45 Power Yoga STEVE	8:00 – 9:00 MP ROOM C Stott Pilates TERESA	7:30 - 8:30 Tai Chi JESSE		
8:00am – 9:00am	5:45 – 6:30 H.i.i.T. JULIA	9:00 – 9:30 AB-Core ERICA		8:00 – 9:15 AM Yoga LEESA	8:00– 9:00 REFIT® BECKY	8:00 – 9:15 AM Yoga LEESA		8:00 – 9:15 AM Yoga LEESA	8:30 – 9:20 H.I.I.T. JULIA	9:00 – 9:30 AB. Core JILL	7:15 – 7:45 Body Combat COURTNEY	9:00 – 10:15 YIN Yoga LEESA		12:15 – 1:15 Gentle Chair Yoga MARINDA
8:30am – 9:30am	BODY COMBAT COURTNEY	9:30 – 10:30 ZUMBA ADRIENNE	Muscle JULIA		9:00 – 9:30 AB-solutely Core MARYLYNN	9:30 – 10:30 Barre Fusion JENNIFER	8:30 - 9:30 Muscle MARY LYNN		9:30 - 10:30 Pure Recovery MPC JILL	9:30 – 10:30 Barre Fusion TERESA	8:00 – 9:15 BODYPUMP COURTNEY	9:00 – 10:15 *Cycle VICKI	1:05– 2:15 BODYPUMP BRENDA	1:15 – 2:30 SUNDAY YOGA MARINDA
9:30am – 10:30am	Cross Training COURTNEY	*Cycle PAULA	9:30 – 10:45 BODYPUMP JULIA	Flexible Strength SHERRI ANN	Multi Step MARYLYNN	*Cycle VICKI	9:30 - 10:30 Flexible Strength MARYLYNN	9:30-10:30 Tai Chi JESSE	9:25 – 10:30 BODYPUMP COURTNEY	*Cycle TRICIA	9:30– 10:30 Step MARIA	10:15 – 11:30 POWER Yoga LEESA	2:15 – 3:15 ZUMBA STEFFY	2:30 – 3:45 Beginner YOGA MARINDA
10:30am – 11:30am	10:30-11:55 Cross Training Lite & Stretch JULIA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:45 - 11:45 STRONG® By Zumba BILLY	10:45 – 11:45 Gentle Chair Yoga MARINDA	ZUMBA GOLD BETH	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:30 - 11:30 ZUMBA TONING & Exp. Arms BETH /Jennifer	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:35-12:00 Cross Training Lite & Stretch JILL	10:45 – 11:45 Gentle Chair Yoga LEESA	10:30 - 11:30 POUND® BETH	11:30 – 12:30 Mindfulness Practice LEESA		
12:00pm – 1:00pm	12 – TABATA 12:30 CORE JULIA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle JEN H.	Spartacus ERICA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle HOWARD	12:05 – 1:05 ZUMBA ADRIENNE	12:00 – 1:15 Power Yoga LEESA	11:30 - 12:30 ZUMBA BILLY		4:15 – 5:15 Spartacus KELLY	4:00 – 5:15 Sunday YOGA MARINDA
1:15pm – 2:00pm	Chair Exercise SHERRY	1:15 – 2:15 Chair Tai CHI JESSE	10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise ERICA		10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise PAULA	1:15 - 2:15 YIN Yoga LEESA				
1pm – 5:30pm	12:05-1PM MP ROOM C AOA Balance & Restore	RENEE	1:15 – 2:15 ●PWR! MOVES TERRY		4:30 – 5:35 BODYPUMP JEN H		4:30 – 5:30 ZUMBA ADRIENNE.	1:15 – 2:15 ●PWR! MOVES TERRY	4:30 – 5:45 Vinyasa (Flow) Yoga LEESA					
5:00pm – 5:30pm	4:00 – 4:55 Core/TABATA BOOTCAMP MARIA	5:00 – 5:55 Flexible Strength Christine C.						5:30 – 6:15 * Cycle SUSAN						
5:45pm – 6:45pm	5:00 – 5:50 Spartacus KELLY	5:45 – 6:45 *Cycle MIKE	5:25 – 6:30 BODYPUMP TRACI	5:30 – 6:15 * Cycle JOHN	5:45 – 6:45 H.I.I.T. TRICIA	5:45 – 6:45 *Cycle HOWARD	5:45 – 7:00 BODYPUMP TRACI				5:30 - 6:30 ●Kids Martial Arts ANDY			
6:45pm- 7:00pm	5:55 – 7:00 BODYPUMP TRACI	6:00 – 7:00 ●Kids Martial Arts ANDY	6:30 – 6:55 TABATA TRICIA	5:45 – 7:00 Power Yoga LEESA	Abs/Back TRICIA	6:00 – 7:00 ●Kids Martial Arts ANDY		5:45 – 7:00 Power Yoga MARINDA	6:00 - 6:30 TABATA TRICIA	6:30 – 7:30 ●Teen/Adult Martial Arts ANDY				
7:00pm- 8:00pm	Cardio Funk MARIA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	POUND® BETH		Cardio Funk KENA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	7:00 - 7:45 POUND® NICHA							
8:00pm – 9:00pm	ZUMBA KIRSTIN		ZUMBA JENI	7:00 – 8:00 YIN Yoga LEESA				7:00-8:00 Beg. Yoga MARINDA						

KEY

BODYPUMP and CYCLE are first come first serve.

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- PWR! MOVES – Parkinson’s Class
Tues/Thurs 1:15PM – designed especially for those with Parkinson’s Disease. Cost is \$45 members, \$75 for non-members – 8 weeks.

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JULY 2019

Class Time	◀ Monday 07.15 ▶		◀ Tuesday 07.16 ▶		◀ Wednesday 07.17 ▶		◀ Thursday 07.18 ▶		◀ Friday 07.19 ▶		◀ Saturday 07.20 ▶		◀ Sunday 07.21 ▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am	6:00 – 6:45 *Cycle JOEL	5:45 – 6:45 Power Yoga ERIN	5:45 – 6:45 BODYPUMP BRITTANY	5:45 – 6:30 AB-Core JULIA	5:45-6:45 BODY COMBAT COURTNEY	5:45 – 6:45 *Cycle/Core PAULA	5:45 – 6:30 P90X® Live DONNA		5:45 – 6:15 Tabata JOEL	5:45 – 6:45 Power Yoga STEVE	8:00 – 9:00 MP ROOM C Stott Pilates TERESA	7:30 - 8:30 Tai Chi JESSE		
8:00am – 9:00am	5:45 - 6:30 H.i.i.T. JULIA	9:00 – 9:30 AB-Core JILL		8:00 – 9:15 AM Yoga LEESA	8:00– 9:00 REFIT@ SHEILA	8:00 – 9:15 AM Yoga GARY		8:00 – 9:15 AM Yoga LEESA	8:30 – 9:20 H.I.I.T. JULIA	9:00 - 9:30 AB. Core JILL		9:00 – 10:15 YIN Yoga LEESA		12:15 – 1:15 Gentle Chair Yoga MARINDA
8:30am – 9:30am	BODY COMBAT COURTNEY	9:30 – 10:30 ZUMBA ADRIENNE	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARYLYNN	9:30 – 10:30 Barre Fusion BRITTANY	8:30 - 9:30 Muscle MARY LYNN		9:30 - 10:30 Pure Recovery MPC JILL	9:30 – 10:30 Barre Fusion TERESA	8:00 – 9:15 BODYPUMP BRIDGETT	9:00 – 10:15 *Cycle VICKI	1:05– 2:15 BODYPUMP BRITTANY	1:15 – 2:30 SUNDAY YOGA MARINDA
9:30am – 10:30am	Cross Training COURTNEY	*Cycle PAULA	9:30 – 10:45 BODYPUMP JULIA	Flexible Strength SUE	Multi Step MARYLYNN	*Cycle VICKI	9:30 - 10:30 Flexible Strength MARY LYNN	9:30-10:30 Tai Chi JESSE	9:25 – 10:30 BODYPUMP	*Cycle TRICIA	9:30– 10:30 Step MARYLYNN	10:15 – 11:30 POWER Yoga LEESA	2:15 – 3:15 ZUMBA STEFFY	2:30 – 3:45 Beginner YOGA MARINDA
10:30am – 11:30am	10:30-11:55 Cross Training Lite & Stretch ERICA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:45 - 11:45 STRONG® By Zumba BILLY	10:45 – 11:45 Gentle Chair Yoga MARINDA	ZUMBA GOLD BETH	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:30 - 11:30 ZUMBA TONING & Exp. Arms Beth/Jennifer	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:35-12:00 Cross Training Lite & Stretch JILL	10:45 – 11:45 Gentle Chair Yoga LEESA	10:30 - 11:30 POUND® BETH	11:30 – 12:30 Mindfulness Practice LEESA		
12:00pm – 1:00pm	12 – TABATA 12:30 CORE JULIA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle JEN H	Spartacus ERICA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle GARY	12:05 – 1:05 ZUMBA ADRIENNE	12:00 – 1:15 Power Yoga LEESA	11:30 - 12:30 ZUMBA BILLY		4:15 – 5:15 Spartacus JAMIE	4:00 – 5:15 Sunday YOGA MARINDA
1:15pm – 2:00pm	Chair Exercise ERICA	1:15 – 2:15 Chair Tai CHI JESSE	10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise MARY		10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise PAULA	1:15 - 2:15 YIN Yoga LEESA				
1pm – 5:30pm	12:05-1PM MP ROOM C AOA Balance & Restore	RENEE	1:15 – 2:15 ●PWR! MOVES TERRY		4:30 – 5:35 BODYPUMP TRACI		4:30 – 5:30 ZUMBA ADRIENNE	1:15 – 2:15 ●PWR! MOVES TERRY	4:30 – 5:45 Vinyasa (Flow) Yoga GARY					
5:00pm – 5:30pm	4:00 – 4:55 Core/TABATA BOOTCAMP MARIA	5:00 – 5:55 Flexible Strength Christine C.						5:30 – 6:15 * Cycle SUSAN						
5:45pm – 6:45pm	5:00 – 5:50 Spartacus KELLY	5:45 – 6:45 *Cycle MIKE	5:25 – 6:30 BODYPUMP TRACI	5:30 – 6:15 * Cycle JOHN	5:45 – 6:45 H.I.I.T. TRICIA	5:45 – 6:45 *Cycle GARY	5:45 – 7:00 BODYPUMP TRACI						5:30 - 6:30 ●Kids Martial Arts ANDY	
6:45pm- 7:00pm	5:55 – 7:00 BODYPUMP TRACI	6:00 - 7:00 ●Kids Martial Arts ANDY	6:30 – 6:55 TABATA TRICIA	5:45 – 7:00 Power Yoga LEESA	Abs/Back TRICIA	6:00 - 7:00 ●Kids Martial Arts ANDY		5:45 – 7:00 Power Yoga MARINDA	6:00 - 6:30 TABATA TRICIA	6:30 – 7:30 ●Teen/Adult Martial Arts ANDY				
7:00pm- 8:00pm	Cardio Funk MARIA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	POUND® BETH		Cardio Funk KENA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	7:00 - 7:45 POUND® NICHA							
8:00pm – 9:00pm	ZUMBA KIRSTIN		ZUMBA JENI	7:00 – 8:00 YIN Yoga LEESA				7:00-8:00 Beg. Yoga MARINDA						

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GROUP FITNESS SCHEDULE
JULY 2019

Class Time	◀ Monday 07.22 ▶		◀ Tuesday 07.23 ▶		◀ Wednesday 07.24 ▶		◀ Thursday 07.25 ▶		◀ Friday 07.26 ▶		◀ Saturday 07.27 ▶		◀ Sunday 07.28 ▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am	6:00 – 6:45 *Cycle DONNA	5:45 – 6:45 Power Yoga STACEY	5:45 – 6:45 BODYPUMP BRITTANY	5:45 – 6:30 AB-Core JULIA	5:45-6:45 BODY COMBAT COURTNEY	5:45 – 6:45 *Cycle/Core DONNA	5:45 – 6:30 P90X® Live DONNA		5:45 – 6:15 Tabata JAMIE	5:45 – 6:45 Power Yoga STEVE	8:00 – 9:00 MP ROOM C Stott Pilates TERESA	7:30 - 8:30 Tai Chi JESSE		
8:00am – 9:00am	5:45 - 6:30 H.i.i.T. JULIA	9:00 – 9:30 AB-Core JILL		8:00 – 9:15 AM Yoga LEESA	8:00– 9:00 REFIT@ SHEILA	8:00 – 9:15 AM Yoga GARY		8:00 – 9:15 AM Yoga LEESA	8:30 – 9:20 H.I.I.T. ERICA	9:00 - 9:30 AB. Core JILL	7:15 – 7:45 Body Combat COURTNEY	9:00 – 10:15 YIN Yoga LEESA		12:15 – 1:15 Gentle Chair Yoga MARINDA
8:30am – 9:30am	BODY COMBAT COURTNEY	9:30 – 10:30 ZUMBA BETH	Muscle JULIA		9:00 – 9:30 AB-solutely Core MARY LYNN	9:30 – 10:30 Barre Fusion BRITTANY	8:30 - 9:30 Muscle MARY LYNN		9:30 - 10:30 Pure Recovery MPC JILL	9:30 – 10:30 Barre Fusion TERESA	8:00 – 9:15 BODYPUMP BRIDGETT	9:00 – 10:15 *Cycle TAMI	1:05– 2:15 BODYPUMP BRITTANY	1:15 – 2:30 SUNDAY YOGA MARINDA
9:30am – 10:30am	Cross Training JILL	*Cycle PAULA	9:30 – 10:45 BODYPUMP JULIA	Flexible Strength BRIDGETT	Multi Step MARY LYNN	*Cycle VICKIE	9:30 - 10:30 Flexible Strength MARY LYNN	9:30-10:30 Tai Chi JESSE	9:25 – 10:30 BODYPUMP COURTNEY	*Cycle TRICIA	9:30– 10:30 Step MARY LYNN	10:15 – 11:30 POWER Yoga LEESA	2:15 – 3:15 ZUMBA STEFFY	2:30 – 3:45 Beginner YOGA MARINDA
10:30am – 11:30am	10:30-11:55 Cross Training Lite & Stretch JULIA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:45 - 11:45 STRONG® By Zumba BILLY	10:45 – 11:45 Gentle Chair Yoga MARINDA	ZUMBA GOLD BETH	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:30 - 11:30 ZUMBA TONING & Exp. Arms Beth/Jennifer	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:35-12:00 Cross Training Lite & Stretch JILL	10:45 – 11:45 Gentle Chair Yoga LEESA	10:30 - 11:30 POUND® NICHA	11:30 – 12:30 Mindfulness Practice LEESA		
12:00pm – 1:00pm	12 – TABATA 12:30 CORE JULIA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle JEN H.	Spartacus ERICA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle HOWARD	12:05 – 1:05 ZUMBA ADRIENNE	12:00 – 1:15 Power Yoga LEESA	11:30-12:30 ZUMBA BILLY		4:15 – 5:15 Spartacus KELLY	4:00 – 5:15 Sunday YOGA MARINDA
1:15pm – 2:00pm	Chair Exercise MARY	1:15 – 2:15 Chair Tai CHI JESSE	10:45-11:15 EASY RIDER VICKIE	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise ERICA		10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise PAULA	1:15 - 2:15 YIN Yoga LEESA				
1pm – 5:30pm	12:05-1PM MP ROOM C AOA Balance & Restore	RENEE	1:15 – 2:15 ●PWR! MOVES TERRY		4:30 – 5:35 BODYPUMP JEN H		4:30 – 5:30 ZUMBA ADRIENNE	1:15 – 2:15 ●PWR! MOVES TERRY	4:30 – 5:45 Vinyasa (Flow) Yoga LEESA					
5:00pm – 5:30pm	4:00 – 4:55 Core/TABATA BOOTCAMP MARIA	5:00 – 5:55 Flexible Strength SUSAN						5:30 – 6:15 * Cycle SUSAN						
5:45pm – 6:45pm	5:00 – 5:50 Spartacus KELLY	5:45 – 6:45 *Cycle MIKE	5:25 – 6:30 BODYPUMP TRACI	5:30 – 6:15 * Cycle JOHN	5:45 – 6:45 H.I.I.T. TRICIA	5:45 – 6:45 *Cycle GARY	5:45 – 7:00 BODYPUMP TRACI						5:30 - 6:30 ●Kids Martial Arts ANDY	
6:45pm- 7:00pm	5:55 – 7:00 BODYPUMP TRACI	6:00 - 7:00 ●Kids Martial Arts ANDY	6:30 – 6:55 TABATA TRICIA	5:45 – 7:00 Power Yoga LEESA	Abs/Back TRICIA	6:00 - 7:00 ●Kids Martial Arts ANDY		5:45 – 7:00 Power Yoga MARINDA	6:00 - 6:30 TABATA TRICIA	6:30 – 7:30 ●Teen/Adult Martial Arts ANDY				
7:00pm- 8:00pm	Cardio Funk MARIA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	POUND® NICHA		Cardio Funk KENA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	7:00 - 7:45 POUND® NICHA							
8:00pm – 9:00pm	ZUMBA KIRSTIN		ZUMBA JENI	7:00 – 8:00 YIN Yoga LEESA				7:00-8:00 Beg. Yoga MARINDA						

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GROUP FITNESS SCHEDULE
JULY 2019

Class Time	◀ Monday 07.29 ▶		◀ Tuesday 07.30 ▶		◀ Wednesday 07.31 ▶		◀ Thursday 08.01 ▶		◀ Friday 08.02 ▶		◀ Saturday 08.03 ▶		◀ Sunday 08.04 ▶	
	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose	Studio	Multipurpose
6:00am – 7:00am	6:00 – 6:45 *Cycle JOEL	5:45 – 6:45 Power Yoga ERIN	5:45 – 6:45 BODYPUMP BRITTANY	5:45 – 6:30 AB-Core JAMIE	5:45-6:45 BODY COMBAT COURTNEY	5:45 – 6:45 *Cycle/Core PAULA	5:45 – 6:30 P90X® Live DONNA		5:45 – 6:15 Tabata JOEL	5:45 – 6:45 Power Yoga STEVE	8:00 – 9:00 MP ROOM C Stott Pilates TERESA	7:30 - 8:30 Tai Chi JESSE		
8:00am – 9:00am	5:45 - 6:30 H.i.i.T. ERICA	9:00 – 9:30 AB-Core JILL		8:00 – 9:15 AM Yoga LEESA	8:00– 9:00 REFIT@ BECKY	8:00 – 9:15 AM Yoga LEESA		8:00 – 9:15 AM Yoga LEESA	8:30 – 9:20 H.I.I.T. ERICA	9:00 - 9:30 AB. Core JILL		9:00 – 10:15 YIN Yoga LEESA		12:15 – 1:15 Gentle Chair Yoga MARINDA
8:30am – 9:30am	BODY COMBAT COURTNEY	9:30 – 10:30 ZUMBA BETH	Muscle ERICA		9:00 – 9:30 AB-solutely Core MARY LYNN	9:30 – 10:30 Barre Fusion BRITTANY	8:30 - 9:30 Muscle MARY LYNN		9:30 - 10:30 Pure Recovery MPC JILL	9:30 – 10:30 Barre Fusion TERESA	8:00 – 9:15 BODYPUMP BRIDGETT	9:00 – 10:15 *Cycle TRICIA	1:05– 2:15 BODYPUMP BRENDA	1:15 – 2:30 SUNDAY YOGA MARINDA
9:30am – 10:30am	Cross Training COURTNEY	*Cycle PAULA	9:30 – 10:45 BODYPUMP TRACI	Flexible Strength BRIDGETT	Multi Step MARY LYNN	*Cycle VICKI	9:30 - 10:30 Flexible Strength MARY LYNN	9:30-10:30 Tai Chi JESSE	9:25 – 10:30 BODYPUMP COURTNEY	*Cycle TRICIA	9:30– 10:30 Step BILLY	10:15 – 11:30 POWER Yoga LEESA	2:15 – 3:15 ZUMBA STEFFY	2:30 – 3:45 Beginner YOGA MARINDA
10:30am – 11:30am	10:30-11:55 Cross Training Lite & Stretch ERICA	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:45 - 11:45 STRONG® By Zumba BILLY	10:45 – 11:45 Gentle Chair Yoga MARINDA	ZUMBA GOLD BETH	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:30 - 11:30 ZUMBA TONING & Exp. Arms KAT/Jennifer	10:45 – 11:45 Gentle Chair Yoga MARINDA	10:35-12:00 Cross Training Lite & Stretch JILL	10:45 – 11:45 Gentle Chair Yoga LEESA	10:30 - 11:30 POUND® BETH	11:30 – 12:30 Mindfulness Practice LEESA		
12:00pm – 1:00pm	12 – TABATA 12:30 CORE MARYLYNN	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle JEN H.	Spartacus ERICA	12:00 – 1:15 Power Yoga MARINDA	Stott Pilates TERESA	12:00 – 12:45 * Cycle HOWARD	12:05 – 1:05 ZUMBA ADRIENNE	12:00 – 1:15 Power Yoga LEESA	11:30-12:30 ZUMBA BILLY		4:15 – 5:15 Spartacus TRICIA	4:00 – 5:15 Sunday YOGA MARINDA
1:15pm – 2:00pm	Chair Exercise MARY	1:15 – 2:15 Chair Tai CHI JESSE	10:45-11:15 EASY RIDER VICKIE	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise ERICA		10:45-11:15 EASY RIDER VICKI	12 – 1:15PM Yoga For Flexibility MARINDA	Chair Exercise BRIDGETT	1:15 - 2:15 YIN Yoga LEESA				
1pm – 5:30pm	12:05-1PM MP ROOM C AOA Balance & Restore	RENEE	1:15 – 2:15 ●PWR! MOVES TERRY		4:30 – 5:35 BODYPUMP JEN H		4:30 – 5:30 ZUMBA ADRIENNE	1:15 – 2:15 ●PWR! MOVES TERRY	4:30 – 5:45 Vinyasa (Flow) Yoga LEESA					
5:00pm – 5:30pm	4:00 – 4:55 Core/TABATA BOOTCAMP MARIA	5:00 – 5:55 Flexible Strength Christine C.						5:30 – 6:15 * Cycle SUSAN						
5:45pm – 6:45pm	5:00 – 5:50 Spartacus KELLY	5:45 – 6:45 *Cycle MIKE	5:25 – 6:30 BODYPUMP TRACI	5:30 – 6:15 * Cycle JOHN	5:45 – 6:45 H.I.I.T. TRICIA	5:45 – 6:45 *Cycle HOWARD	5:45 – 7:00 BODYPUMP TRACI					5:30 - 6:30 ●Kids Martial Arts ANDY		
6:45pm- 7:00pm	5:55 – 7:00 BODYPUMP TRACI	6:00 - 7:00 ●Kids Martial Arts ANDY	6:30 – 6:55 TABATA TRICIA	5:45 – 7:00 Power Yoga LEESA	Abs/Back TRICIA	6:00 - 7:00 ●Kids Martial Arts ANDY		5:45 – 7:00 Power Yoga MARINDA	6:00 - 6:30 TABATA TRICIA	6:30 – 7:30 ●Teen/Adult Martial Arts ANDY				
7:00pm- 8:00pm	Cardio Funk MARIA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	POUND® NICHIA		Cardio Funk KENA	7:00 – 8:30 ●Teen/Adult Martial Arts ANDY	7:00 - 7:45 POUND® NICHIA							
8:00pm – 9:00pm	ZUMBA KIRSTIN		ZUMBA JENI	7:00 – 8:00 YIN Yoga LEESA				7:00-8:00 Beg. Yoga MARINDA						

KEY

BODYPUMP and CYCLE are first come first serve.

● Fee Based Class – Please contact front desk for details and sign-up

■ PWR! MOVES – Parkinson’s Class
 Tues/Thurs 1:15PM – designed especially for those with Parkinson’s Disease. Cost is \$45 members, \$75 for non-members – 8 weeks.

Group Fitness Coordinator: COURTNEY PEEK 582 -1900 Ext. 239
 CHECK our MOBILE APP FOR SCHEDULE CHANGES.

ALL GROUP FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP! (except those annotated with a “●”)

