

# GROUP FITNESS SCHEDULE



START DATE: 06/01/21

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		Queenax Circuit Queenax Studio Mike 5:15 AM - 6:00 AM		Queenax Circuit Queenax Studio Mike 5:15 AM - 6:00 AM			
5:30 AM	Early Bird Cycling Cycling Studio Dave 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Studio Dave 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Studio Dave 5:30 AM - 6:15 AM		
7:30 AM						Fit Mix Aerobics Studio Amelia 7:15 AM - 8:15 AM	
8:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Flow Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	T2 Step Aerobics Studio Emily 8:30 AM - 9:15 AM	
9:00 AM		Queenax Tabata Queenax Studio Deisy 8:45 AM - 9:30 AM				Barre Queenax Room Lee Ann 9:15 - 10:00 AM	
9:30 AM		Sivananda Yoga Aerobics Studio Deisy 9:45 AM - 10:40 AM				Saturday Cycle Cycling Room Lindsay 9:30 AM - 10:15 AM	
						Mindful Movement Aerobics Studio Ruth 9:30 AM - 10:15 AM	
10:00 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 11:00 AM	Stretch-Ability Aerobics Studio Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi / Yoga Aerobics Studio Ruth 10:00 AM - 10:45 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM	Simple Tai Chi / Yoga Aerobics Studio Ruth 10:00 AM - 11:00 AM		
1:00 PM				Modern Dance (\$) Aerobics Studio Lee Ann 1:15 PM - 2:30 PM			
5:00 PM	C3 Cycle Cycling Studio DeAnna 5:15 PM - 6:00 PM	Cardio Dance Fusion Aerobics Studio Leah 5:30 PM - 6:15 PM	C3 Cycle Cycling Studio DeAnna 5:15 PM - 6:00 PM				
6:00 PM	Queenax Circuit Queenax Studio Mike 5:30 PM - 6:15 PM						
	Country Fusion Dance (\$) Aerobics Studio 4 wks starts 6/21 Rachel 5:15 PM - 6:00 PM	Beat Mix Cycling Cycling Studio Emily 5:15 PM - 6:00 PM		Beat Mix Cycling Cycling Studio Emily 5:15 PM - 6:00 PM			
6:30 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:45 PM - 7:45 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:45 PM - 7:45 PM	Queenax TRX: Cardio Kickboxing Queenax Studio Candice 6:00 PM - 7:00 PM		
7:00 PM	Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM		Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM				

\$(= Paid class. Sign up and pay in advance at [k3ymca.org](http://k3ymca.org))