

GROUP FITNESS SCHEDULE



START DATE: 03/15/21

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 AM		Queenax Circuit Queenax Room Mike 5:15 AM - 6:00 AM		Queenax Circuit Queenax Room Mike 5:15 AM - 6:00 AM			
5:30 AM	Early Bird Cycling Cycling Room Dave 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Room Dave 5:30 AM - 6:15 AM		Early Bird Cycling Cycling Room Dave 5:30 AM - 6:15 AM		
7:30 AM						Fit Mix Aerobics Studio Amelia 7:30 AM - 8:15 AM	
8:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	T2 Step Aerobics Studio Emily 8:30 AM - 9:15 AM	
9:00 AM						Barre Queenax Room Lee Ann 9:15 - 10:00 AM	
9:30 AM		Sivananda Yoga Aerobics Studio Deisy 9:45 AM - 10:30 AM				Saturday Cycle Cycling Room Lindsay 9:30 AM - 10:15 AM	
						Mindful Movement (starts April 3rd) Aerobics Studio Ruth 9:30 AM - 10:15 AM	
10:00 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM	Stretch-Ability Aerobics Studio Cyndi 10:45 AM - 11:30 AM	Simple Tai Chi (starts April 7th) Aerobics Studio Ruth 10:00 AM - 10:45 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM	Tai Chi Aerobics Studio Jennifer 10:45 AM - 11:15 AM		
1:00 PM				Modern Dance (\$) Aerobics Studio Lee Ann 1:15 PM - 2:30 PM			
5:00 PM	C3 Cycle Cycling Room DeAnna 5:15 PM - 6:00 PM	Cardio Dance Fusion Aerobics Studio Leah 5:30 PM - 6:15 PM	C3 Cycle Cycling Room DeAnna 5:15 PM - 6:00 PM				
6:00 PM	Queenax Circuit Queenax Room Mike 5:30 PM - 6:15 PM		Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM		Queenax Circuit Queenax Room Joe 6:15 PM - 7:00 PM		
	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	Second Chance Cycling Cycling Room Emily 6:15 PM - 7:00 PM		Second Chance Cycling Cycling Room Emily 6:15 PM - 7:00 PM			
6:30 PM		High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 PM		High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 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