

BAY VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE

effective September 5- October 29, 2017

MONDAY				THURSDAY			
5:30am-6:15am	BODYFLOW™	R	Jenn/DanielleO	5:15am-6:15am	BODYPUMP®	R	Kristyn
8:15am-9:00am	Feeling Fit Plus	G	Karen	7:00am-7:45am	BOSU®	R	Lucy
8:25am-9:10am	FUNctional Fitness	R	Lisa C.	7:50am-8:35am	Barre	R	Lucy
9:20am-10:20am	Interval Step	R	Marianne	8:30am-9:20am	Gentle Yoga (chair)	G	Marianne
9:30am-10:30am	Active Yoga	G	Eva	9:00am-9:50am	Cycle Fusion-TRX®	R	Lisa C.
10:30am-11:30am	Gentle Yoga (chair)	R	Marianne	9:35am-10:20am	SilverSneakers® Circuit	G	Marlene
10:45am-11:30am	Feeling Fit	G	Karen	10:00am-11:00am	BODYPUMP®	R	Lisa C.
11:45am-12:15pm	•GRIT	R	Joe	10:30am-11:15am	SilverSneakers® Classic	G	Marianne
4:20pm-5:05pm	BODYPUMP®	R	Jenna	11:05am-11:35am	CXWORX®	R	Lisa C.
5:10pm-5:40pm	CXWORX®	R	Andrea	5:00pm-5:30pm	• TABATA BOOT CAMP	R	Andrea
5:45pm-6:30pm	INSANITY®	R	Andrea	5:35pm-6:30pm	Cycle Fusion- CXWORX®	R	Andrea
6:30pm-7:00pm	•GRIT	H	Joe	6:35pm-7:30pm	Active Yoga	H	Andrea
6:35pm-7:35pm	Body Conditioning	R	Marlene	6:40pm-7:40pm	BODYPUMP®	R	Carol
TUESDAY				FRIDAY			
5:15am-6:15am	BODYPUMP®	R	Jenn N.	5:10am-5:55am	Group Cycle	R	Danielle B.
5:45am-6:15am	•GRIT	H	GRIT coaches	5:45am-6:15am	•GRIT	H	GRIT coaches
6:30am-7:00pm	•GRIT	H	GRIT coaches	6:30am-7:00am	•GRIT	H	GRIT coaches
8:00am-9:00am	Body Conditioning	R	Karen	6:00am-6:30am	CXWORX®	R	Mike
8:30am-9:15am	Zumba®	G	Nicolette	8:15am-9:00am	Low Impact Cardio	G	Marlene
9:10am-9:55am	HIIT	R	Lisa C.	8:25am-9:10am	FUNctional Fitness	R	Marianne
9:35am-10:20am	SilverSneakers®Circuit	G	Marianne	9:20am-10:20am	Cardio Step	R	Marianne
10:00am-11:00am	BODYPUMP®	R	Lisa C.	9:45am-10:30am	Gentle IM=X Pilates	G	Laurie
10:30am-11:15am	SilverSneakers® Classic	G	Marianne	10:30am-11:30am	•Moving for Better Balance	R	Marie/Karen
11:05am-11:55am	IM=X Pilates	R	Lisa C.	10:45am-11:30am	 	G	Laurie
12:00pm-1:00pm	Active Yoga	H	Eva	12:00pm - 1:00pm	Yoga	H	Eva
6:00pm-7:00pm	Yoga	H	staff	4:20pm-5:05pm	BODYPUMP®	R	Andrea
6:00pm-7:00pm	BODYPUMP®	R	Mike	5:15pm-6:15pm	Cycle Fusion-TRX®	R	Andrea
WEDNESDAY				6:20pm-7:00pm	Family Yoga	R	Andrea
5:30am-6:15am	INSANITY®	R	Danielle B.	SATURDAY			
8:00am-8:30am	• TABATA BOOT CAMP	R	Lisa C.	7:05am-8:05am	Group Cycle	R	staff rotation
8:15am-9:00am	Low Impact Cardio	G	Laurie	8:15am-9:15am	Cardio Step	R	staff rotation
8:45am-9:15am	CXWORX®	R	Lisa C.	9:10am-10:00am	IM=X Pilates	H	Gerry/Kathy
9:20am-10:05am	Circuit Training	R	Lisa C.	9:20am-10:20am	BODYPUMP®	R	staff rotation
9:30am-10:30am	•Moving for Better Balance	G	Karen	10:30am-11:30am	Yoga	R	Ginny/Jessica
9:30am-10:30am	Nordic Walking	L	Nancy	11:45am-12:45pm	Zumba®	R	Shelley
10:15am-11:15am	BODYFLOW®	R	Mary	SUNDAY			
10:45am-11:30am	Feeling Fit	G	Karen	8:10am-9:00am	INSANITY®	G	Kevin
11:45am-12:15pm	•GRIT	R	Joe	8:30am-9:00am	CXWORX®	R	Mike
4:20pm-5:05pm	BODYPUMP®	R	Kristyn	9:10am-10:10am	BODYPUMP®	R	staff rotation
5:45pm-6:30pm	Barre Above	R	Carol	9:15am-9:45am	•GRIT	G	Kevin/Kristyn
6:30pm-7:00pm	•GRIT	H	Joe	10:20am-11:05am	TRX® Body Blast	R	Danielle B.
6:35pm-7:35pm	Body Conditioning	R	Marlene	11:15am-12:15pm	BODYPUMP®	R	staff rotation
				12:30pm-1:30pm	Gentle Yoga	R	Kristina

revised 8/30/17

G=gym **R=responsibility rm**
L=Lobby **H=honesty hall**

• GRIT , TABATA BOOT CAMP , MOVING FOR BETTER BALANCE sessions offered for scheduled number of weeks. **PREREGISTRATION REQUIRED**-no walk-ins other classes are member benefit