



SANDS FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Studio A	8:30AM-9:15AM (Cardio) <i>Ruby E.</i>	9:15AM-10:00AM (Cardio) <i>Kristin W.</i> 6:00PM-6:45PM (Cardio) <i>Stephanie B.</i>	5:45AM-6:30AM (Cardio) <i>Kelsey H.</i> 8:30AM-9:15AM (Cardio) <i>Crystal J.</i>	9:15AM-10:00AM (Cardio) <i>Tina S.</i> 6:00PM-6:45PM (Cardio) <i>Christina H.</i>	5:45AM-6:30AM (Cardio) <i>Lindsey M.</i> 8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>		8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>
ZUMBA® Studio B		9:30AM-10:15AM (Cardio) <i>Melissa D.</i>	6:45PM-7:45PM (Cardio) <i>Lisa S.</i>				8:15AM-9:00AM (Cardio) <i>Mary A.</i>
GROUP BLAST® Studio B		5:00PM-6:00PM (Cardio) <i>Rachel G.</i>				8:30AM-9:30AM (Cardio) <i>Rachel G.</i>	
RIDE STRONG Studio A					12:00PM-1:00PM (Cardio) <i>Erin B.</i>		
GRIT™ ATHLETIC Studio B						7:45AM-8:15AM (Cardio) <i>Carrie Q.</i>	
POWERZONE RIDE Studio A						9:00AM-10:00AM (Cardio) <i>Amy J.</i>	



EASTSIDE FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT™ CARDIO Sports Performance Center		5:30AM-6:00AM (Cardio) <i>Mikey V.</i>		5:30AM-6:00AM (Cardio) <i>Mikey V.</i>	5:30AM-6:00AM (Cardio) <i>Danielle B.</i>	7:15AM-7:45AM (Cardio) <i>Mikey V.</i>	
GROUP CYCLE Cycle Studio		5:45AM-6:45AM (Cardio) <i>Karin K.</i>	9:15AM-10:15AM (Cardio) <i>Mindy A.</i> 6:00PM-6:45PM (Cardio) <i>Kim K.</i> 6:00PM-6:45PM (Cardio) <i>Kim K.</i>		6:00AM-7:00AM (Cardio) <i>Jackie P.</i>	9:00AM-10:00AM (Cardio) <i>Meghan C.</i>	8:15AM-9:15AM (Cardio) <i>Erin H.</i>
CARDIO DANCE Mindbody		8:30AM-9:15AM (Cardio) <i>Sam R.</i>			6:00PM-7:00PM (Cardio) <i>Brit C.</i>		
LES MILLS RPM® Cycle Studio		9:15AM-10:00AM (Cardio) <i>Adriana P.</i> 5:30PM-6:15PM (Cardio) <i>Jayme B.</i>		5:30PM-6:15PM (Cardio) <i>Robert G.</i>	9:15AM-10:00AM (Cardio) <i>Kim K.</i>		10:30AM-11:15AM (Cardio) <i>Jayme B.</i>
BODYCOMBAT™ Studio		10:00AM-11:00AM (Cardio) <i>Danielle O.</i> 5:00PM-5:45PM (Cardio) <i>Kelly M.</i>	4:30PM-5:30PM (Cardio) <i>Kathy F.</i>	10:00AM-11:00AM (Cardio) <i>Danielle O.</i>			
ZUMBA® Mindbody		6:45PM-7:45PM (Cardio) <i>Nanette S.</i>					
GRIT™ ATHLETIC Sports Performance Center			5:30AM-6:00AM (Cardio) <i>Mikey V.</i>				
HIGH FITNESS Mindbody			8:00AM-8:45AM (Cardio) <i>Gil G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STEP-INTERVAL Studio			9:15AM-10:00AM (Cardio) <i>Carol M.</i>				
CARDIO DANCE Studio				9:00AM-9:45AM (Cardio) <i>Lisa B.</i>	9:15AM-10:00AM (Cardio) <i>Carol M.</i>		
WERQ® Studio				5:30PM-6:15PM (Cardio) <i>Laura C.</i>			
STEP-CARDIO Studio						9:15AM-10:00AM (Cardio) <i>Frieda H.</i>	
BODYCOMBAT™ Mindbody						10:00AM-11:00AM (Cardio) <i>Danielle O.</i>	11:45AM-12:45PM (Cardio) <i>Vanessa V.</i>
ZUMBA® Studio						10:15AM-11:15AM (Cardio) <i>Nanette S.</i>	11:30AM-12:30PM (Cardio) <i>Brit C.</i>



SCHOTTLAND FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Cycle Stadium		5:30AM-6:15AM (Cardio) <i>Iskra B.</i> 9:00AM-9:45AM (Cardio) <i>Laura M.</i> 12:00PM-12:30PM (Cardio) <i>Mindy A.</i> 6:00PM-6:45PM (Cardio) <i>Melissia S.</i>	5:45AM-6:45AM (Cardio) <i>Nancy P.</i> 9:00AM-10:00AM (Cardio) <i>Lisa O.</i> 12:00PM-12:30PM (Cardio) <i>Lisa B.</i> 6:00PM-6:45PM (Cardio) <i>Margie A.</i>	5:45AM-6:45AM (Cardio) <i>Kristen M.</i> 9:00AM-9:45AM (Cardio) <i>Julie W.</i> 12:00PM-12:30PM (Cardio) <i>Danielle G.</i> 5:30PM-6:15PM (Cardio) <i>Margie A.</i>	5:45AM-6:15AM (Cardio) <i>Danielle G.</i> 9:00AM-10:00AM (Cardio) <i>Lisa O.</i>	7:15AM-8:15AM (Cardio) <i>Bob D.</i> 9:00AM-10:00AM (Cardio) <i>Kate W.</i>	8:15AM-9:15AM (Cardio) <i>Kristen M.</i>
GRIT™ CARDIO Family Gym		5:45AM-6:15AM (Cardio) <i>Christine H.</i>					
DANCE FIT Studio 2		9:00AM-10:00AM (Cardio) <i>Marie K.</i>					
HIGH FITNESS Family Gym		9:00AM-10:00AM (Cardio) <i>Anna B.</i>		9:00AM-10:00AM (Cardio) <i>Gil G.</i>			
TURBOKICK® Studio 1		5:00PM-5:45PM (Cardio) <i>Danny M.</i>					
ZUMBA® Studio 2		6:45PM-7:45PM (Cardio) <i>Mari B.</i>		5:15PM-6:15PM (Cardio) <i>Mari B.</i>	9:15AM-10:15AM (Cardio) <i>Laurie N.</i>	10:30AM-11:30AM (Cardio) <i>Cathy T.</i>	
GRIT™ CARDIO Studio 2			6:45AM-7:15AM (Cardio) <i>Christine H.</i>				
LES MILLS BODYSTEP™ Studio 1			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>			10:30AM-11:30AM (Cardio) <i>YMCA S.</i>	
CARDIO DANCE Studio 2			9:15AM-10:00AM (Cardio) <i>Lisa B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYSTEP™ Studio 2			5:30PM-6:30PM (Cardio) <i>Diane R.</i>	10:15AM-11:15AM (Cardio) <i>Diane R.</i>			10:15AM-11:15AM (Cardio) <i>Diane R.</i>
HIGH FITNESS Studio 2				6:30PM-7:30PM (Cardio) <i>Erika H.</i>			
GRIT™ ATHLETIC Turf Gym					6:00AM-6:30AM (Cardio) <i>Ericka W.</i>		
BODYCOMBAT™ Studio 1					9:15AM-10:15AM (Cardio) <i>Kristen Y.</i>		
ZUMBA® Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		
GRIT™ ATHLETIC Studio 1						8:00AM-8:30AM (Cardio) <i>Dustin B.</i>	
BODYCOMBAT™ Studio 2						9:15AM-10:15AM (Cardio) <i>Steve R.</i>	9:00AM-10:00AM (Cardio) <i>Mary J.</i>



CORNING FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) <i>Deb F.</i>		8:00AM-8:45AM (Cardio) <i>Deb F.</i>			
REFIT® Studio A		9:00AM-10:00AM (Cardio) <i>Kari F.</i>		9:00AM-10:00AM (Cardio) <i>Kari F.</i>			
RIDE STRONG Studio C			9:00AM-10:15AM (Cardio) <i>Deb F.</i>				
ZUMBA® Studio A			5:45PM-6:45PM (Cardio) <i>Connor O.</i>		10:15AM-11:15AM (Cardio) <i>Marina K.</i>	10:15AM-11:15AM (Cardio) <i>Maria A.</i>	12:00PM-1:00PM (Cardio) YMCA S.



BAY VIEW FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Cycle Studio		9:00AM-9:45AM (Cardio) <i>Lisa C.</i>				7:15AM-8:00AM (Cardio) <i>YMCA S.</i>	9:30AM-10:15AM (Cardio) <i>Lillian R.</i>
RIDE STRONG Cycle Studio				8:45AM-9:45AM (Cardio) <i>Lisa C.</i> 4:30PM-5:25PM (Cardio) <i>Andrea A.</i>			
STEP-CARDIO Group Exercise Studio					9:00AM-9:45AM (Cardio) <i>Marianne A.</i>	9:15AM-10:00AM (Cardio) <i>Heather D.</i>	
GRIT™ CARDIO Gym							8:10AM-8:40AM (Cardio) <i>Danielle B.</i>



THE YMCA AT INNOVATION SQUARE | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA® Group Exercise Studio		9:30AM-10:30AM (Cardio) <i>Meghana L.</i>	5:30PM-6:30PM (Cardio) <i>Hang B.</i>			10:30AM-11:30AM (Cardio) <i>Hang B.</i>	
GROUP CYCLE Courtyard/Studio 1		12:45PM-1:30PM (Cardio) <i>Cathy C.</i>		12:45PM-1:30PM (Cardio) <i>Cathy C.</i>			
BODYCOMBAT™ Studio 2		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>			



WESTSIDE FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Cycle Studio		9:30AM-10:30AM (Cardio) <i>Andrea D.</i>	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>	9:45AM-10:30AM (Cardio) <i>Kristin H.</i> 5:45PM-6:30PM (Cardio) <i>Angela S.</i>		9:00AM-9:45AM (Cardio) <i>Karin R.</i>	9:15AM-10:00AM (Cardio) <i>Angela S.</i>
STEP-CARDIO Group Exercise Studio		4:00PM-4:45PM (Cardio) <i>Shelley H.</i>		4:15PM-5:00PM (Cardio) <i>Marianne A.</i>		7:30AM-8:30AM (Cardio) <i>Karen G.</i>	11:15AM-12:00PM (Cardio) <i>Heather D.</i>
RIDE STRONG Cycle Studio		5:30PM-6:30PM (Cardio) <i>Angela S.</i>			7:00AM-8:00AM (Cardio) <i>Sarah L.</i>		
ZUMBA® Gym		5:30PM-6:15PM (Cardio) <i>Melissa R.</i>		5:30PM-6:30PM (Cardio) <i>Rebecca K.</i>		9:00AM-10:00AM (Cardio) <i>YMCA S.</i>	
BODYCOMBAT™ Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				



NORTHWEST FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Aerobics Studio		11:30AM-12:15PM (Cardio) <i>Karen G.</i>		5:15PM-6:00PM (Cardio) <i>Sherry C.</i>			
BODYCOMBAT™ Aerobics Studio			5:45AM-6:45AM (Cardio) <i>Darlene D.</i> 5:30PM-6:30PM (Cardio) <i>Darlene D.</i>				
STEP-CARDIO Aerobics Studio			10:15AM-11:00AM (Cardio) <i>Becky V.</i>			9:15AM-10:15AM (Cardio) <i>YMCA S.</i>	
ZUMBA® Aerobics Studio				11:30AM-12:15PM (Cardio) <i>Karen G.</i>			9:00AM-9:45AM (Cardio) <i>Lisa R.</i>
RIDE STRONG Aerobics Studio					5:45AM-6:30AM (Cardio) <i>YMCA S.</i>		



MAPLEWOOD FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO KICKBOXING Studio		5:00PM-5:45PM (Cardio) Nene O.					
ZUMBA® Studio			6:05PM-7:05PM (Cardio) Leonte P.				
GROUP CYCLE Studio				6:15AM-7:00AM (Cardio) Mary B.			
ZUMBA® STEP Studio				5:00PM-5:45PM (Cardio) Melissa R.			