

PINK CLASSES

BAY VIEW FAMILY YMCA

10/11: GRIT Cardio 8:10–8:40am Danielle B.
10/12: Gentle Yoga 10:15–11:00am Kathy N.
10/13: Gentle (Chair) Yoga 8:30–9:15am Kathy N.
10/13: Aqua in Motion 10:20–11:05am Mary C.
10/13: Pilates 11:15am–12:00pm Lisa Cai.
10/14: Les Mills Core 8:15– 8:45am Lisa Cai.
10/14: Barre 6:00–6:45pm Heather D.
10/15: Gentle (Chair) Yoga 8:30–9:15am Marianne A.
10/15: Body Pump Heavy 4:15–5:00pm Andrea A.
10/15: Power Yoga 6:00–6:45pm Andrea A.
10/16: Gentle Yoga 10:15–11:00am Daphne M.
10/17: Pilates 8:15–9:00am Kate S.
10/17: Aqua Boot Camp 8:30–9:00am Lisa M.

CORNING FAMILY YMCA

10/12: Zumba 5:45pm Marina K.
10/13: Aqua Zumba 9:00am Marina K.
10/13: Active Yoga 05:30pm Debbie L.
10/14: Zumba 5:45pm Connor O.
10/15: REFIT 9:00am Kari F.
10/15: Silver Sneakers 10:30am Kari F.
10/15: Body Pump 5:30pm Maria A.
10/16: Les Mills Core 9:00am Kari F.
10/17: Body Pump 9:00am Blair G.
10/17: Zumba 10:15am Maria A.

HUTCH FAMILY YMCA

10/11: Upbeat Barre 8:15am Gil
10/11: WERQ 11:30am Eli
10/12: Aquafit 9:30am Ron
10/12: Active Yoga 5:30pm Kim
10/13: Pilates 9:45am Laurie
10/13: Upbeat Lift 11:15am Kristy
10/14: SilverSneakers Circuit 11:30am Tess/Robert
10/14: BODYCOMBAT 4:30pm Heather
10/15: Group Cycle 5:45am Meghan
10/15: BODYBALANCE 4:15pm Brenda
10/16: Cardio Dance 9:15am Sam
10/16: BODYPUMP 10:15am Danielle
10/17: Step–Cardio 9:15am Frieda
10/17: Zumba 10:15am Nannette

THE YMCA AT INNOVATION SQUARE

10/12: Group Cycle 5:30pm–6:15pm Cathy C.
10/12: Cardio Dance 5:30pm–6:30pm Caitlyn N.
10/13: Group Cycle 12:45pm–1:30pm Cathy C.
10/14: Active Yoga 8:00am–9:00am Daria M.
10/14: ZUMBA 5:30pm–6:30pm Joel S.
10/15: Group Cycle 12:45pm–1:30pm Cathy C.
10/16: Cardio Dance 5:30pm–6:30pm Caitlyn N.

MAPLEWOOD FAMILY YMCA

10/12: Pilates 5:30pm–6:30pm Sheri D.
10/13: Kickboxing 5:00pm–5:45pm Nene O.
10/15: Group Cycle 6:15am–7:00am Mary B.
10/15: Zumba Step 5:00pm–5:45pm Melissa R.

NORTHWEST FAMILY YMCA

10/11: Bodypump 10:00am Jeanie
10/11: Active Yoga 11:15am Lisa R.
10/11: Zumba 12:00pm Taniyah
10/12: TRX 10:15am Carrie
10/13: Meditation and Yoga 7:15am Lisa C.
10/13: Cycle 11:30am Taniyah
10/14: Step, Core and Bodypump 10:15am Becky
10/15: Bodypump 9:30am Jeanne Ann
10/15: Core 10:45am Sherry
10/15: Zumba Gold 11:45am Taniyah
10/16: Cycle 12:00pm Taniyah
10/16: Upbeat Pilates 5:30pm Lisa R.
10/17: Bodypump 8:00am Becky
10/17: Step Cardio 9:15am Dorie

SCHOTTLAND FAMILY YMCA

10/11: Group Cycle 8:15–9:15am Kristen M.
10/11: LM BODYPUMP 8:30–9:30am Sheila A.
10/11: Active Yoga 8:30–9:30am Lynn K.
10/11: LM BODYCOMBAT 9:00–10:00am Mary J.
10/11: Gentle Yoga 9:45–10:45am Lynn K.
10/11: High Fitness 11:30–12:15pm Gil G.
10/11: Gentle Yoga 11:45–12:45pm Lisa F.
10/12: LM BODYPUMP 5:30–6:30am Christine H.
10/12: LM GRIT STRENGTH 6:45–7:15am Christine H.
10/12: Feeling Fit 8:00–8:45am Christine H.
10/12: LM CORE 8:30–9:00am Sarah M.
10/12: LM BODYBALANCE 9:00–10:00am Rachel S.
10/12: Zumba Gold 9:00–9:45am Joann R.
10/12: Group Cycle 9:00–10:00am Amy O.
10/12: Bootcamp 9:00–9:45am Jenna W.
10/12: SS Classic 10:00–10:45am Joann R.
10/12: LM BODYPUMP 10:30–11:30am Lisa O.
10/12: SS Classic 11:00–11:45am Amy O. & Kathryn B.
10/12: Boxing for Parkinson’s 11:00–12:00pm Lori B.
10/12: LM BODYPUMP 4:00–4:30pm Eleanor C-M.
10/12: LM CORE 4:45–5:15pm Diane R.
10/12: Zumba 6:45–7:45pm Bob D.
10/13: Pilates 8:45–9:30am Kristen Y.
10/13: Total Body Strong 9:00–9:45am Lisa Ba.
10/13: High Fitness 9:00–10:00am Gil G. & Meg R.
10/13: Active Yoga 9:45–10:45am Lisa O.
10/13: Parkinson’s Optimal Wellness 10:15–11:00am Janet/Laurie
10/13: Feeling Fit 10:15–11:00am Alex H.
10/13: SS Circuit 11:15–12:00pm Janet P. & Laurie N.
10/13: Barre 11:45–12:45pm Alex H.
10/13: UpBeat Lift 4:15–5:00pm Alex H.
10/13: UpBeat Barre 4:30–5:15pm Cathleen B.
10/13: Active Yoga 5:30–6:30pm Cami G.
10/13: Zumba 6:45–7:45pm Mari B.
10/13: Gentle Yoga 6:45–7:45pm Cami G.
10/14: Bootcamp 5:45–6:30am Christine H.
10/14: Feeling Fit 8:00–9:00am Christine H.
10/14: Gentle Yoga 8:00–9:00am Becky D-V.
10/14: Group Cycle 9:00–10:00a Lisa O.
10/14: Bootcamp 9:30–10:15am Christine H.
10/14: LM BODYPUMP 10:30–11:30am Kristy H.
10/14: LM BODYBALANCE 10:30–11:30am Lisa O.
10/14: Gentle Yoga 12:00–1:00pm Daria M.
10/14: Active Yoga 1:15–2:15pm Susan A.
10/14: LM BODYPUMP 4:00–4:30pm Jenn N.
10/14: UpBeat Pilates 5:15–6:15pm Gil G./Tia P.
10/14: LM BODYPUMP 5:30–6:30pm Sheila A.
10/14: Group Cycle 6:00–6:45pm Margie A.
10/14: LM BODYPUMP HEAVY 6:45–7:30pm Meg G.
10/15: UpBeat Lift 8:00–8:45am Sarah Mor.
10/15: Group Cycle 9:00–10:00am Julie W.
10/15: Bootcamp 9:00–9:45am Jess C.
10/15: Feeling Fit 10:00–10:45 Alex H.
10/15: LM BODYSTEP 10:15–11:15am Diane R.
10/15: UpBeat Pilates 11:45–12:45pm Alex H.
10/15: LM BODYPUMP 12:00–1:00pm Diane R.
10/15: Zumba 5:15–6:15pm Mari B.
10/15: LM GRIT STRENGTH 5:15–5:45pm Calvin H. & Chrissy M.
10/15: High Fitness 6:30–7:30pm Erika H.
10/15: Gentle Yoga 6:45–7:45pm Beth H.
10/15: LM BODYPUMP 6:45–7:45pm Chrissy M.
10/16: LM BODYPUMP 5:30–6:15am Becky F.
10/16: LM GRIT ATHLETIC 6:00–6:30am Shelly T. & Ericka W.
10/16: Gentle Yoga 7:45–8:45am Lisa F.
10/16: UpBeat Lift 8:00–8:45am Gil G.
10/16: Group Cycle 9:00–10:00am Lisa O.
10/16: LM BODYCOMBAT 9:15–10:15am Kristen Y.
10/16: Zumba 9:15–10:15am Laurie N.
10/16: UpBeat Barre 9:15–10:15am Gil G.
10/16: LM BODYBALANCE 10:30–11:30am Kristen Y.
10/16: Gentle Yoga 12:00–1:00pm Barb D.
10/16: Active Yoga 1:15–2:15pm Kellie S-R.
10/16: Active Yoga 5:00–6:00pm Anthony S.
10/17: Circuit Training 7:15–8:15am Sheila A.
10/17: Active Yoga 8:00–9:00am Susan A.
10/17: Group Cycle 9:00–10:00am Kate W.
10/17: LM BODYCOMBAT 9:15–10:15am Steve R.
10/17: Zumba 10:30–11:30am Cathy T.
10/17: Barre 11:45–12:30pm Cathy T.
10/17: LM BODYPUMP 11:45–12:45pm Steve R.
10/17: Gentle Yoga 12:45–1:45pm Beth H.

SANDS FAMILY YMCA

10/11: BodyPump 9:15–10:15am Lindsey M.
10/11: Power Yoga 11:00am–12:00pm Megan C.
10/12: Aqua Bootcamp 9:45–10:45am Cheryl Anne B.
10/12: Bootcamp 5:30–6:15pm Jenna M.
10/12: Zumba 6:45–7:45pm Lisa S.
10/13: Bootcamp 8:45–9:30am Tina S.
10/13: Zumba 9:30–10:15am Melissa S.
10/13: Gentle Yoga 6:00–7:00pm Stephanie R.
10/14: Cycle 5:45–6:30am Stephanie B.
10/14: TRX 8:15–9:00am Shari R.
10/14: UpBeat Barre 9:30–10:15am Jamie S.
10/14: BodyPump 5:15–6:15pm Julie B.
10/15: AquaFit 8:30–9:30am Patty F.
10/15: Group Fight 8:45–9:15am Kristin W.
10/15: Total Body Strong 10:30–11:15am Patty S.
10/16: RideStrong 7:30–8:30am Christina H.
10/16: BodyPump 9:15–10:15am Rachel G.
10/16: SS Chair Yoga 11:30am–12:30pm Rose P.
10/17: GRIT Athletic 7:45–8:15am Carrie Q.
10/17: PowerZone Ride 9:00–10:00am Amy Jo B.
10/17: Aqua Zumba 12:00–1:00pm Mary Ann N.

WESTSIDE FAMILY YMCA

10/11: UpBeat Barre 9:00–10:00am Becca A.
10/11: Gentle Yoga 12:30–1:30pm Julie M.
10/12: Feeling Fit 8:30–9:30am Brenda L.
10/12: Gentle Yoga 9:45–10:45am Sarah L.
10/12: Group Cycle 6:00–6:45pm Melissia S.
10/13: Group Cycle 9:30–10:30am Andrea D.
10/13: Aqua Fit 10:00–10:45am Heather Y.
10/13: Step–Cardio 4:15–5:00pm Marianne A.
10/14: BODYPUMP 5:45–6:45am Jermaine R.
10/14: Qigong 12:15–1:00pm Amanda B.
10/14: BODYCOMBAT 5:30–6:15pm Sharon F.
10/15: Bootcamp 5:45–6:30am Dorie C.
10/15: Circuit Training 9:45–10:45am Lucy V.
10/15: Zumba 5:30–6:30pm Rebecca K.
10/16: GRIT 10:00–10:35am Heather Y.
10/16: Zumba Gold 8:30–9:30am Shelley H.
10/16: Silver Sneakers11:00–11:45am Glenda M.
10/17: Group Cycle 7:45–8:30am Debbie D.
10/17: Active Yoga 10:15–11:15am Karin R.

LEWIS STREET YMCA NEIGHBORHOOD CENTER

10/12: Silver Sneakers Chair Exercise
12:15pm–1pm Ruth R.
10/14: Silver Sneakers Chair Exercise
12:15–1pm Ruth R.
10/14: Line Dancing
1–2pm Dave I.

THURSTON ROAD YMCA NEIGHBORHOOD CENTER

10/12: Step–interval
6:15–7 am Heather D.
10/16: Sliver Sneakers
9–10 am – YMCA Staff
10/16: Gentle Chair Yoga
10:15–11 am – Cindi R.
10/14: Line Dancing
6–7pm Gwen C.

