

SOUTHEAST FAMILY YMCA

Group Exercise Schedule

MONDAY				THURSDAY			
5:15-6:15am	●Bootcamp Training	West	Sheila	5:15-6:05am	●Circuit Training	West	Susan
5:30-6:30am	●Group Cycle	MPR	Gary	5:15-5:45am	>>GRIT™ Registration required	Studio	Coach
5:30-6:30am	●BODYPUMP™	Studio	Gordon	5:50-6:50am	●BODYFLOW™	MPR	Lisa T
6:45-7:15am	>>GRIT™ Registration required	Studio	Coach	8:00-9:00am	●Dance Fit	Studio	Marie
7:45-8:30am	●IM=X Pilates **NEW TIME!**	MPR	Janet S	8:30-9:00am	●TRX Rip Power Training®	MPR	Christine H
8:00-8:45am	●Circuit Training	Studio	Jen O	9:00-9:45am	●SH'BAM™ *NEW CLASS!*	West	Nicolette F
8:40-9:10am	●CXWORX™ **NEW TIME!**	MPR	Lisa O	9:05-9:45am	●TRX Body Blast®	MPR	Christine H
9:15-10:15am	●BODYCOMBAT™	Studio	Kristen Y	9:15-10:15am	●BODYPUMP™	Studio	Lisa T
9:15-10:15am	●Bootcamp Training	West	Karen W	9:55-10:25am	●CXWORX™	MPR	Lisa O
9:20-10:20am	●Group Cycle **NEW TIME!**	MPR	Tiffany W	10:30-11:30am	●Stretch n Strengthen	Studio	Janet
10:00-10:45am	▲Zumba Gold®	East	Dylan	10:30-11:30am	●Active Yoga	MPR	Julie D
10:30-11:30am	●BODYPUMP™ **NEW CLASS!*	Studio	Kristen Y	12:00-1:00pm	●BODYPUMP™	Studio	Tiffany W
10:30-11:15am	●SH'BAM™ **NEW CLASS!*	MPR	Karen W	4:00-4:30pm	●BODYPUMP™ (30 minutes)	Studio	Kelly P
10:30-11:00am	>>GRIT™ Registration required	West	Coach	4:35-5:05pm	●CXWORX™	Studio	Kelly P
11:00-11:45am	●SilverSneakers® Classic	East	Dylan/Sarah K	5:15-5:55pm	●Group Cycle	MPR	Margie
12:00-1:00pm	●BODYFLOW™*NEW CLASS!*	MPR	Lisa O	5:30-6:00pm	>>GRIT™ Registration required	Studio	Coach
12:15-1:15pm	●Gentle Yoga	Studio	Julie D	6:05-6:35pm	●BODYFLOW™	Studio	Jenn N
1:30-2:30pm	●Active Yoga	Studio	Julie D	6:00-7:00pm	●Active Yoga	MPR	Lynn K
1:45-2:30pm	▲Working with Parkinson	East	JanetP/Rhonda	7:00-8:00pm	●BODYPUMP™	Studio	Ivonne
4:00-4:40pm	●BODY PUMP™	Studio	Janet P	FRIDAY			
4:45-5:15pm	●CXWORX™	Studio	Rhonda	5:15-6:15am	●Interval Step	Studio	Sheila
5:30-6:30pm	●Circuit Training	Studio	Sheila	5:10-5:40am	●Group Cycle (30 minutes)	MPR	Susan W
5:30-6:00pm	>>GRIT™ Registration required	West	Coach	5:45-6:15am	●BODYPUMP™ (30 minutes)	MPR	Susan W
5:30-6:15pm	●SH'BAM™ **NEW CLASS!*	MPR	Nicolette F	6:45-7:15am	>>GRIT™ Registration required	MPR	Coach
6:20-6:50pm	●TRX Body Blast® **NEW TIME!**	MPR	Jenn N	7:15-8:15am	●Gentle Yoga	Studio	Lisa F
6:55-7:55pm	●BODYCOMBAT™ **NEW TIME!**	Studio	Jenn N	8:00-8:45am	●SH'BAM™ *NEW CLASS!*	MPR	Christine H
7:05-7:50pm	●Group Cycle	MPR	Kate W	8:30-9:00am	●CXWORX™	Studio	Lisa T
8:00-9:00pm	●Restorative Yoga	Studio	Colleen	8:35-9:35am	●Hi-Lo Cardio	East	Kathryn
TUESDAY				9:15-10:15am	●Boot Camp Training	West	Karen W
5:15-5:45am	●CXWORX™	MPR	Sheila	9:15-10:15am	●Group Cycle	MPR	Lisa O
5:15-5:45am	>>GRIT™ Registration required	West	Coach	9:15-10:15am	●BODYCOMBAT™	Studio	Kristen
5:30-6:30am	●BODYPUMP™	Studio	Susan	10:00-10:45am	▲Zumba Gold®	East	Nicolette F
5:50-6:30am	●TRX Body Blast®	MPR	Sheila	10:30-11:30am	●BODYPUMP™	Studio	Sarah M
7:15-8:15am	●Active Yoga	MPR	Deb M	10:30-11:15am	●BODYFLOW™	MPR	Kristen
8:00-9:00am	●Dance Fit	Studio	Marie	11:00-11:45am	●SilverSneakers® Classic	East	JanetS/Daphne
8:30-9:00am	●CXWORX™	MPR	Kelly P	12:15-1:15pm	▲Gentle Yoga	Studio	Krista K
9:15-10:15am	●BODYPUMP™	Studio	Janet	1:30-2:30pm	●Active Yoga	Studio	Krista K
9:15-10:15am	●Bootcamp Training	West	Christine H	4:30-5:30pm	●BODYPUMP™	Studio	Gordon
9:15-10:15am	●Cardio Step	MPR	Jennifer	5:00-5:45pm	●TRX Body Blast®	MPR	Sheila
9:15-10:00am	●Zumba®	East	Joann	SATURDAY			
10:25-11:25am	●Active Yoga	MPR	Lisa O	7:10-8:10am	**Circuit Training	Studio	Susan
10:30-11:30am	●Stretch n Strengthen	Studio	Jennifer	8:00-8:45am	●Group Cycle	MPR	Kate W
11:30am-12:00pm	●Foam Rolling	MPR	Lisa O	8:10-8:40am	>>GRIT™ Registration required	West	Coach
12:00-1:00pm	●BODYPUMP™	Studio	Rhonda	8:20-9:20am	**Active Yoga	Studio	Kaitlyn
4:30-5:15pm	●SH'BAM™ **NEW CLASS!*	Studio	Kristen Y	9:00-10:00am	●BODYFLOW™	MPR	Kristen
5:20-5:50pm	●CXWORX™	Studio	Sheila	9:30-10:30am	●BODYPUMP™	Studio	Rotation
6:00-7:00pm	●Active Yoga	Studio	Julie D	10:40-11:40am	●Zumba®	Studio	Cathy
6:00-7:00pm	●BODYFLOW™	MPR	Julie V	10:30-11:30am	●Stretch n Strengthen	MPR	Gwenn
7:35-8:35pm	●Zumba®	Studio	Kendra	11:40am-12:40pm	●BODYCOMBAT™ **NEW CLASS!*	MPR	Sarah M
WEDNESDAY				12:00-1:00pm	●BODYPUMP™	Studio	Sheila
5:15-6:00am	●Group Cycle	MPR	Susan	SUNDAY			
5:15-6:15am	●Circuit Training	Studio	Sheila	8:15-9:15am	●Group Cycle	MPR	Margie/Cris
5:30-6:30am	●Bootcamp Training	West	Christine H	8:20-9:10am	**Circuit Training	West	Sheila
6:45-7:15am	>>GRIT™ Registration required	Studio	Coach	9:00-9:45am	●Cardio Step	Studio	Jennifer
8:00-9:00am	●BODYFLOW™	MPR	Kelly	9:15-9:45am	●CXWORX™	West	Sheila
8:00-9:00am	●Circuit Training	Studio	Karen W	9:30-10:15am	●TRX Body Blast®	MPR	Jack Y
9:00-10:00am	●Zumba®	East	Nicolette	9:45-10:30am	●Body Conditioning	Studio	Jennifer
9:15-10:15am	●Cardio Step	Studio	Christine H	10:40-11:40am	●Gentle Yoga	Studio	Colleen
9:15-10:15am	●Group Cycle	MPR	Lisa O	11:45am-12:30pm	●Restorative Yoga	Studio	Colleen
10:30-11:30am	●BODYPUMP™	Studio	Lisa O	12:45-1:45pm	●BODYPUMP™	Studio	Tony
10:05-10:50am	▲Zumba Gold®	East	Nicolette	4:00-5:00pm	**Active Yoga	Studio	Lynn
11:00-11:45am	●SilverSneakers® Classic	East	Janet S/Instr	▲A great place to start! All fitness levels welcome.			
12:00-1:00pm	●BODYFLOW™	Studio	Rhonda	●All fitness levels welcome			
12:15-1:00pm	●SilverSneakers® Yoga	East	Deb M	**Intermediate/Advanced fitness levels suggested			
1:30-2:30pm	●Active Yoga	Studio	Deb M	The Silver Sneakers® Programs are a federally funded trademark of			
1:45-2:30pm	▲Working with Parkinson	East	Janet/Rhonda	HealthCare Dimensions Incorporated			
4:30-5:15pm	●IM=X Pilates*NEW CLASS!*	Studio	Cathleen	SOMETHING NEW; CLASS, TIME, INSTRUCTOR, OR LOCATION			
5:30-6:30pm	●Group Cycle Core Fusion	MPR	Margie	>>SMALL GROUP TEAM TRAINING. REGISTRATION REQUIRED AND FEE BASED PROGRAM			
5:30-6:30pm	●BODYPUMP™	Studio	Sheila	East= East Gym West=West Gym MPR= Multi-Purpose Room			
6:40-7:25pm	●SH'BAM™ **NEW CLASS!*	Studio	Gail C				
7:30-8:30pm	●Gentle Yoga	Studio	Sandy				

