

**EAST AREA FAMILY YMCA  
GROUP FITNESS CLASSES  
March 4th—April 28th**

<b>MONDAY</b>		<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>INTENSITY</b>
5:45am	<b>Hybrid</b>	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
7:30am	<b>Hybrid</b>	POUND (AOA)	Rachele W.	Low-Mid
8:30am	<b>Hybrid</b>	Forever Fit	Genoa W.	Low-Mid
9:30am	<b>Hybrid</b>	Les Mills Body Combat	Patty R.	Low-Mid-High
10:30am	<b>Hybrid</b>	Les Mills Body PUMP	Jennifer B.	Low-Mid-High
11:30am	<b>Hybrid</b>	WERQ	Terri T.	Low-Mid-High
12:30pm		<b>Line Dancing (Level 2—not beginner)</b>	Catherine D.	Low-Mid
4:30pm		Zumba	Kelly K.	Low-Mid-High
5:30pm	<b>Hybrid</b>	Les Mills Body Combat	David U.	Low-Mid-High
6:30pm	<b>Hybrid</b>	Les Mills Body PUMP	Colleen D.	Low-Mid-High
<b>6:30pm</b>	<b>(in SACC Room)</b>	<b>DEEP Stretch NEW!!! (45 minute class)</b>	Sally J.	Low

<b>TUESDAY</b>				
5:45am	<b>Hybrid</b>	Les Mills TONE	Patty R.	Low-Mid-High
7:30am		Zumba Toning	Sandy Jo	Low-Mid
8:30am		Yoga	Paul F.	Low-Mid
9:30am	<b>Hybrid</b>	STEP & Strength	Wendy J.	Low-Mid-High
10:30	<b>Hybrid</b>	NIA	Kathleen C.	Low-Mid
11:30am	<b>Hybrid</b>	BARRE	Kinyorda S.	Low-Mid
1:00pm	<b>Hybrid</b>	Chair Forever Fit	Terri T.	Low-Mid
4:30pm	<b>Hybrid</b>	Pilates	Colleen D.	Low-Mid-High
5:30pm	<b>Hybrid</b>	Strength & Cardio	Cindy P.	Low-Mid-High
6:30pm		Yoga	Vera B.	Low-Mid

<b>WEDNESDAY</b>				
5:45am	<b>Hybrid</b>	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
7:30am	<b>Hybrid</b>	Forever Fit	Genoa W.	Low-Mid
8:30am	<b>Hybrid</b>	POUND (AOA)	Rachele W.	Low-Mid
9:30am	<b>Hybrid</b>	High Intensity Intervals	Cindy P.	Low-Mid-High
10:30am	<b>Hybrid</b>	<b>Dance Fit (in Group Ex Room)</b>	Kellie E.	Low-Mid-High
10:30am		<b>WERQ (in GYM)</b>	Margarita S.	Low-Mid-High
11:30am	<b>Hybrid</b>	Chair Yoga	Patty R./Paul F.	Low
1:00pm	<b>Hybrid</b>	<b>Tai Chi for Arthritis</b>	Genoa W.	Low-Mid
<b>2:00pm</b>	<b>NEW!!!</b>	<b>Line Dance—Level 1 for Beginners</b>	Catherine D.	Low
4:30pm		Zumba	Kelly K.	Low-Mid-High
5:30pm	<b>Hybrid</b>	Les Mills Body Combat	Meredith A.	Low-Mid-High
6:30pm	<b>Hybrid</b>	Les Mills Body PUMP	Lynn K.	Low-Mid-High

<b>THURSDAY</b>				
5:45am	<b>Hybrid</b>	High Intensity Intervals	Patty R.	Low-Mid-High
5:45am		Run Group	Jen H.	(All Levels) Meet in Fayetteville Lobby
7:30am	<b>Hybrid</b>	Chair Yoga	Genoa W.	Low
8:30am	<b>Hybrid</b>	BARRE	Jackie N.	Low-Mid
9:30am	<b>Hybrid</b>	Les Mills Body Combat	Patty R.	Low-Mid-High
9:30am		Run Group	Jen H.	(All Levels) Meet in Fayetteville Lobby
10:30am		Yoga	Hareen K.	Low-Mid-High
11:30am	<b>Hybrid</b>	NIA	Kathleen C.	Low-Mid
1:00pm	<b>Hybrid</b>	Chair Forever Fit	Dan G.	Low-Mid
4:30pm	<b>Hybrid</b>	BARRE	Terri T.	Low-Mid
5:30pm	<b>Hybrid</b>	Les Mills TONE	Terri T.	Low-Mid-High
6:30pm		Yoga	Stephanie M.	Low-Mid-High

**FRIDAY**

5:45am	<b>Hybrid</b>	Les Mills Body PUMP Express	Lynn K./Patty R.	Low-Mid-High
7:30am	<b>Hybrid</b>	<b>REFIT</b>	Sally J.	Low-Mid-High
8:30pm	<b>Hybrid</b>	Forever Fit Plus	Cindy P.	Low-Mid
9:30am	<b>Hybrid</b>	Piloxing	Bryndie T.	Low-Mid-High
10:30am	<b>Hybrid</b>	Les Mills Body PUMP	Rachele W.	Low-Mid-High
10:30am		Boot Camp <i>(In Gym—Sports Court)</i>	Vesta G.	Low-Mid-High
11:30am		Zumba	Kelly K.	Low-Mid-High
12:30pm		Chair Yoga	Linda R-S	Low

**SATURDAY**

7:30am	<b>Hybrid</b>	Les Mills TONE	Meredith/Terri/Patty	Mid-High
8:30am	<b>Hybrid</b>	BARRE	Jackie N.	Low-Mid
9:30am	<b>Hybrid</b>	High Intensity Intervals	Cindy P.	Low-Mid-High
10:30am		NIA	Penni C.	Low-Mid

**SUNDAY**

8:30am		Yoga	Paul F.	Low-Mid
9:30am	<b>Hybrid</b>	Les Mills Body Combat	Meredith A.	Low-Mid-High
10:30am	<b>Hybrid</b>	Les Mills Body PUMP	Lynn K.	Low-Mid-High

*All class participants must be at least 8 years old.*

**Hybrid**— These classes are being livestreamed! You can log in and take class from where ever you are :)



**EAST AREA FAMILY YMCA  
Group Indoor CYCLE Classes  
March 4th—April 28th**

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30-9:15am	Cycle	Rachele W.	Cycle Studio
5:30-6:30pm	<b>Cycle (1 Hour class!)</b>	Christine W.	Cycle Studio
<b>TUESDAY</b>			
5:45-6:30am	Cycle	Jessica B.	Cycle Studio
9:00-9:45am	Cycle	Heather S.	Cycle Studio
4:30-5:15pm	Cycle	Mia D.	Cycle Studio
<b>WEDNESDAY</b>			
5:45-6:30am	Cycle	Christine W.	Cycle Studio
9:00-9:45am	Cycle	Heather S.	Cycle Studio
4:30-5:15pm	Cycle	Sandy L./Briana P.	Cycle Studio
<b>6:30-7:15pm</b>	<b>Cycle NEW!!!</b>	Angela G.	Cycle Studio
<b>THURSDAY</b>			
5:45-6:15am	Cycle	Ron K.	Cycle Studio
9:00-9:45am	Cycle	Monika M.	Cycle Studio
5:30-6:15pm	Cycle	Darcy D.	Cycle Studio
<b>FRIDAY</b>			
9:00-9:45am	Cycle	Heather S.	Cycle Studio
<b>SATURDAY</b>			
7:30am	Cycle	Ron K.	Cycle Studio
9:00am	Cycle	Sandy L.	Cycle Studio
<b>SUNDAY</b>			
<b>9:00am</b>	Cycle	Angela G.	Cycle Studio

**All participants must be at least 8 years old (minimum height of 4' 09").**