



GROUP FITNESS SCHEDULE

December 31st - March 3rd

Included with your membership!

Monday	Class	Instructor	Location	Level
9:15am	Total Strength (60)	Schelly	Group Studio	beginner-advanced
5:30pm	Cycle (60)	Julie	AER A294	beginner-advanced
5:30pm	Body Combat™ (60)	Kathy	Group Studio	beginner-advanced
6:15pm	Core & Spine (45)	Katy	SRC Multi-Purpose	beginner-advanced
6:35pm	HIIT Training (45)	Terrlicia	Group Studio	beginner-advanced
7:00pm	Yoga (60)	Katy	SRC Multi-Purpose	beginner-advanced
Tuesday	Class	Instructor	Location	Level
5:45am	Y-FIT (45)	Jeff	AER A294/Track	beginner-advanced
9:30am	Winter Running Program (90)	Y Coach	Track/Outdoors	beginner-interm
9:15am	Zumba™ (60)	Marie	Group Studio	beginner-advanced
11:00am	Senior Fitness (60)	Paul	Group Studio	beginner-interm
5:30pm	R.I.P.P.E.D™ (60)	Ted	Group Studio	beginner-advanced
6:35pm	Barre Body™ (60)	Heidi	Group Studio	beginner-advanced
6:35pm	Yoga (60)	Karlie	SRC Multi-Purpose	beginner-advanced
6:35pm	Y-FIT	Jeff	AER A294/Track	beginner-advanced
Wednesday	Class	Instructor	Location	Level
5:45am	Winter Running Program (75)	Y Coach	Track/Outdoors	beginner-interm
6:00am	Cycle Circuit (60)	Julie	AER A294	beginner-advanced
9:00am	Yoga (60)	Paul	Green Room	beginner-advanced
9:15am	Total Strength (60)	Schelly	Group Studio	beginner-advanced
5:30pm	Zumba™ (60)	Deanna	Group Studio	beginner-advanced
6:00pm	Yoga (60)	Paul	SRC Multi-Purpose	beginner-advanced
6:35pm	Intervalocity™ (60)	Heidi	Group Studio	beginner-advanced
Thursday	Class	Instructor	Location	Level
5:45am	Y-FIT (45)	Jeff	AER A294Track	beginner-advanced
9:30am	HIIT Training (45)	Kate	Group Studio	beginner-advanced
11:00am	Senior Fitness (60)	Paul	Group Studio	beginner-interm
5:30pm	Cycle (60)	Audie	Group Studio	beginner-advanced



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Thursday Cont.	Class	Instructor	Location	Level
5:30pm	Willpower & Grace™ (60)	Cindy	SRC Multi-Purpose	beginner-advanced
5:30pm	Y-Cuts (60)	Margaret	Group Studio	beginner-advanced
6:35pm	Yoga (60)	Heidi	SRC Multi-Purpose	beginner-advanced
6:35pm	Body Combat™ (60)	Rosie	Group Studio	beginner-advanced
6:35pm	Full Body Conditioning (45)	Terrlicia	AER A294	beginner-advanced
Friday	Class	Instructor	Location	Level
5:45am	Yoga (60)	Katy	Group Studio	beginner-interm
9:15am	Zumba (60)	Marie	Group Studio	beginner-advanced
9:00am	Y-FIT Open WOD(90)	Jeff	AER A294	interm-advanced
Saturday	Class	Instructor	Location	Level
8:15am	Body Combat™ (60)	Aubrey	Group Studio	beginner-advanced
8:30am	Cycle (60)	Rotation	AER A294	beginner-advanced
9:15am	Zumba™ (60)	Marie	Group Studio	beginner-advanced
9:30am	Full Body Conditioning (45)	Terrlicia	AER A294	beginner-advanced
11:15am	Senior Fitness (60)	Dan	Group Studio	beginner-interm
Sunday	Class	Instructor	Location	Level
9:15am	Interval (45)	Maggie	Group Studio	beginner-advanced
10:00am	Zumba™ (60)	Ebony	Group Studio	beginner-advanced

*** We are working on bringing additional morning and early evening *
classes to the schedule by the end of January. We appreciate your
patience as we strive to bring additional group exercises classes for our
valued members.**