



DOWNTOWN SYRACUSE YMCA

Group Fitness Schedule

Syracuse 315-474-6851

Schedule and Instructor are subject to change

January 1-March 30, 2019

	TIME (DURATION)	CLASS	INSTRUCTOR	STUDIO	TYPE	FITNESS LEVEL	
MONDAY	AM	5:45 AM (60-75)	CYCLE/ Computrainer	Sam S	Cycle Studio	Endurance	All Levels
		6:00 AM (55)	RIPPED	Ted K	1	Strength	All Levels
		7:30 AM (50)	AQUA BLAST	Ali P	POOL	Combo	All Levels
		10:45 AM (45)	Senior FIT	John P	1	Combo	Low-Moderate
	LUNCH	12:10 PM (40)	RIPPED	Liz	1	Strength	All Levels
		12:10 PM (40)	ZUMBA	Barb M	2	Endurance	All Levels
		12:10 PM (40)	BARRE	Steph M	AUX Gym	Strength	All Levels
		1:10 PM (50)	YOGA-FLOW	Dixie G	2	Mind/Body	All Levels
	PM	5:30 PM (45)	**CYCLE	Jess W	Cycle Studio	Endurance	All Levels
		6:00 PM (55)	DEEP Water FIT	John P	POOL	Endurance	All Levels
6:30 PM (55)		**ZUMBA★	Jess W	1	Endurance	All Levels	
TUESDAY	AM	5:45 AM (55)	Pure STRENGTH	Katy B	2	Strength	All Levels
		5:45 AM (55)	CYCLE	Maureen K	Cycle Studio	Endurance	All Levels
		7:30 AM (45)	HYDRO RUN	Terry E	POOL	Endurance	All Levels
	LUNCH	12:10 PM (40)	Y BODY CUTS	Tracy V	1	Strength	All Levels
		12:10 PM (40)	ZUMBA	Jennifer S	2	Endurance	All Levels
		12:10 PM (40)	TNT	Liz	Aux Gym	Strength	All Levels
		12:10 PM (40)	CYCLE	Steph M	Cycle Studio	Endurance	All Levels
		12:10 PM (40)	HYDRO RUN	Jenny H	POOL	Endurance	All Levels
	PM	5:15 PM (55)	TOTAL STRENGTH	Michelle M	1	Strength	All Levels
		5:30 PM (60-75)	CYCLE / Computrainer	Brian G	Cycle Studio	Endurance	All Levels
		5:30 PM (55)	KICK BOXING★	Debbie C	Boxing Gym	Strength	All Levels
		6:00 PM (55)	ZUMBA	Lucy L	2	Endurance	All Levels
		6:30 PM (30)	GLUTES & ABS★	Debbie C	Boxing Gym	Strength	All Levels
WEDNESDAY	AM	5:45 AM (60-75)	CYCLE / Computrainer	Ted K	Cycle Studio	Endurance	All Levels
		6:00 AM (60)	SWIM Academy	Sam S	POOL	Endurance	All Levels
		6:00 AM (55)	TOTAL STRENGTH	Maureen K	1	Strength	All Levels
		7:30 AM (50)	AQUA INTERVALS	Terry E	POOL	Endurance	All Levels

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	TIME (DURATION)	CLASS	INSTRUCTOR	STUDIO	TYPE	FITNESS LEVEL		
WEDNESDAY cont	LUNCH	12:10 PM (40)	BARRE	Liz	1	Strength	All Levels	
		12:10 PM (40)	PILATES	Dixie G	2	Mind/Body	All Levels	
		1:10 PM (40)	YOGA-FLOW	Dixie G	2	Mind/Body	All Levels	
	PM	5:30 PM (55)	BARRE	Jen R		Strength	All Levels	
		5:30 PM (60-75)	CYCLE / Computrainer	Brian G	Cycle Studio	Endurance	All Levels	
THURSDAY	AM	5:45 AM (60-75)	CYCLE/ Computrainer	Tim D	Cycle Studio	Endurance	All Levels	
		6:00 AM (55)	RIPPED	Ted K	1	Strength	All Levels	
		10:45 AM (45)	SENIOR Fit	John P	1	Combo	Low-Moderate	
	LUNCH	12:10 PM (40)	Y BODY CUTS	Kathy K	1	Strength	All Levels	
		12:10 PM (40)	ZUMBA	Jennifer S	2	Endurance	All Levels	
		12:10 PM (40)	CLIMB	Steph M	Aux Gym	Endurance	All Levels	
	PM	6:00 PM (55)	ZUMBA	Barb M	1	Endurance	All Levels	
		6:00 PM (60-75)	CYCLE/ Computrainer	Sam S	Cycle Studio	Endurance	All Levels	
		7:00 PM (30)	TOTAL STRENGTH	Barb M	1	Strength	All Levels	
	FRIDAY	AM	5:45 AM (60-75)	CYCLE / Computrainer	Ted K	Cycle Studio	Endurance	All Levels
			7:15 AM (45)	AQUA INTERVALS	Terry E	POOL	Endurance	All Levels
		LUNCH	12:10 PM (40)	DANCE FIT	Annette Z	2	Endurance	All Levels
12:10 PM (40)			CIRCUIT BLAST	Steph M	Aux Gym	Strength	All Levels	
12:10 PM (40)			CYCLE	Bob B	Cycle Studio	Endurance	All Levels	
1:10 PM (40)			YOGA-STRENGTH	Steph M	2	Mind/Body	All Levels	
SATURDAY	AM	6:30 AM (90)	CYCLE/ Computrainer	Ted K	Cycle Studio	Endurance	All Levels	
		8:30 AM (55)	TOTAL STRENGTH	Michelle M	1	Strength	All Levels	
		9:00 AM (55)	DEEP Water FIT	John P/Katy B	POOL	Endurance	All Levels	
		9:30 AM (90)	CYCLE/ Computrainer	Brian G/ Tim D	Cycle Studio	Endurance	All Levels	

★ NEW CLASSES

MONDAY

- 6:30 PM ZUMBA w/Jess

WEDNESDAY

- 5:30 PM Kickboxing w/Debbie
- 6:30 PM Glutes & Abs w/Debbie

BRANCH HOURS

Mon - Fri:

5:30am - 9:30pm

Saturday:

6am - 6:30pm

Sunday:

12pm - 6pm

GROUP FITNESS SURVEY

Please share your feedback from your experience in our Group Fitness classes. Your feedback helps shape schedules in the future.

<https://www.surveymonkey.com/r/LF8D5DB>