



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTHWEST FAMILY YMCA

Baldwinsville—303-5966

Schedule and Instructor are subject to change session to session

January 7–March 31

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	6:00 am	Les Mills Body Attack	Christine	Med	Group	45 min
	8:15 am	AOA Tabata Gold	Rosemary	Low/Med	Group	45 min
	9:15 am	Total Body Strength	Debbie	All Levels	Group	55 min
	10:30 am	Zumba	Kim B	All Levels	Group	55 min
	1:00 pm	Enrich Fitness	Mary	Low	Group	55 min
	4:30 pm	Barre	Kristen	All Levels	Group	55 min
	5:30 pm	Zumba	Suzanne	All Levels	Group	55 min
	6:45 pm	Total Body Strength	Kathy K	All Levels	Group	55 min
TUESDAY	9:15 am	Les Mills Body Combat	Laura	All Levels	Group	55 min
	11:30 am	Zumba Gold	Sandy Jo	All Levels	Group	55 min
	4:30 pm	Zumba Toning	Suzanne	Med/High	Group	55 min
	5:45 pm	Cardio Interval	Jeanette	Med/High	Group	55 min
WEDNESDAY	6:00 am	Total Body Strength	Marguerite	All Levels	Group	55 min
	9:15 am	Zumba	Suzanne	All Levels	Group	55 min
	10:30am	Barre	Shannon	All Levels	Group	55 min
	1:00 pm	Enrich Fitness	Gina	Low	Group	55 min
	4:30 pm	Barre	Shannon	All Levels	Group	55 min
	5:30pm	Les Mills Body Attack (NEW CLASS)	Christine/Angela	Med/High	Group	55 min
	6:45 pm	Total Body Strength	Marguerite	All Levels	Group	55 min
THURSDAY	8:15 am	Active Movers	Dixie	Low	Group	45 min
	9:15 am	Box TNT (Gloves optional)	Laura	Med/High	Group	55 min
	11:30 am	Zumba Gold Toning	Sandy Jo	Low/Med	Group	55 min
	5:30 pm	Zumba	Kelly K	All Levels	Group	55 min
	6:45 pm	R.I.P.P.E.D.	Ted	Med/High	Group	55 min
FRIDAY	6:00 am	Circuit Training	Marguerite	Med/High	Group	55 min
	8:00 am	Active Movers	Marguerite	Low	Group	45 min
	9:00 am	Zumba Toning	Suzanne	Med/High	Group	55 min
	10:15 am	Barre	Shannon	Med	Group	55 min
	1:00 pm	Enrich Fitness	Gina	Low	Group	55min
SATURDAY	8:45 am	Les Mills CX Works (see dates) (1/19, 2/2, 2/16, 3/2, 3/16, 3/30)	Val	All Levels	Group	30 min
	9:30 am	Les Mills Body Combat (1/19, 2/2, 2/16, 3/2, 3/16, 3/30)	Deb C	All Levels	Group	55 min
	9:30 am	STRONG by Zumba (1/12, 1/26, 2/9, 2/23, 3/9, 3/23)	Kristen	All Levels	Group	55 min
	10:30 am	Zumba	Elia/Lena	All Levels	Group	55 min
SUNDAY						
	9:30am	Barre	Kristen/Shannon	All Levels	Group	55 min

CYCLE

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	6:00am	Les Mills RPM	Debbie	Med/High	Cycle	50 min
	7:15-9:15am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
	9:30am	Spin & Strength (NEW TIME)	Marguerite	All Levels	Cycle	55 min
	5:30pm	Cycle	Melissa	All Levels	Cycle	55 min
TUES	7:30- 1130am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	4 hours
	6:00pm	Cycle	Patty	Med/High	Cycle	55 min
WED	9:15am	Cycle	Jeanette	All Levels	Cycle	55 min
	6:00pm	Cycle	Melissa	All Levels	Cycle	55 min
THUR	9:30am	Les Mills RPM (NEW TIME)	Sue R	Med/High	Cycle	50 min
	5:30pm	Les Mills RPM	Val H	Med/High	Cycle	50 min
FRIDAY						
	6-8am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
	10:00am	Les Mills RPM	Sarah	Med/High	Cycle	55 min
	4-6 pm	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
SATURDAY						
	9:30am	Les Mills RPM	Val/Danielle	Med/High	Cycle	50 min
SUNDAY						
	11-6pm	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	7 hours

Rules and Guideline to using studio during open hours:
 PLEASE SIGN IN WITH FITNESS STAFF IN WELLNESS CENTER
 STEREO SYSTEM WILL NOT BE AVAILABLE- BRING YOUR OWN MUSIC/HEADPHONES
 CYCLE AT YOUR OWN PACE AND LEVEL-STAFF WILL NOT BE AVAILABLE
 LIGHTS MUST BE LEFT ON AT ALL TIMES BE RESPECTFUL TO OTHERS

MIND/BODY

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	9:30 am	Vinyasa Yoga	Samantha	All Levels	MBS	55 min
	10:30am	Gentle Yoga	Kelly	Low	MBS	55 min
	1:00pm	Gentle Yoga	Kelly	Low	MBS	55 min
	6:00pm	Vinyasa Yoga	Paul	Med/High	MBS	55 min
TUES	10:30 am	Vinyasa Yoga	Sue H	All Levels	MBS	55 min
	11:40am	Express Barre	Sue M	All Levels	MBS	40 min
	4:30pm	Express Yoga	Samantha	All Levels	MBS	40 min
	6:00pm	Yoga	MaryBeth	All Levels	MBS	55 min
WED	4:30pm	Vinyasa Yoga	Maggie	All Levels	MBS	55 min
	6:00pm	Vinyasa Yoga	Debbie D	All Levels	MBS	55 min
THURS	9:00am	Chair Yoga (NEW CLASS)	MaryBeth	All Levels	MBS	55 min
	10:30am	Fitness Yoga	Cindy	All Levels	MBS	55 min
	11:40am	Express Barre	Shannon	All Levels	MBS	40 min
	5:00 pm	Express PiYo Live	Caryn	Med/High	MBS	40 min
	6:30pm	Vinyasa Yoga	Cindy	All Levels	MBS	55 min
FRI	9:30am	6 wees Restorative Yoga (New Dates) (1/11, 1/18, 1/25, 2/1, 2/8, 2/15)	Sybil	Low	MBS	55 min
	10:30am	6 weeks Restorative Yoga (New Dates/ New time) (1/11, 1/18, 1/25, 2/1, 2/8, 2/15)	Sybil	Low	MBS	55 min
	6:00pm	Kid's Dance Class	Amanda	Low	MBS	45 min
SATURDAY						
	9:00am	PiYo Live	Caryn	Med/High	MBS	55 min