

GROUP EXERCISE WINTER SCHEDULE



Effective January 2 2023

MON	TUE	WED	THU	FRI	SAT
6:00-7:00am INDOOR CYCLING Inst: Sonja (Spin)	6:00-7:00am INDOOR CYCLING Inst: Sonja (Spin)	6:00-7:00am TRX Inst: Pia (Studio B)	6:00-7:00am BOOTCAMP Inst: Pia (Studio B)	9:00-10:00am YOGA Inst: Shelley (Studio B)	8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)
6:00-7:00am TRX Inst: Pia (Studio B)	6:00-7:00am BOOTCAMP Inst: Pia (Studio B)	8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)	8:15-9:15am INDOOR CYCLING Inst: Sonja (Spin)	10:00-11:00am ZUMBA Inst: Regina (Gym)	9:30am-10:30am ZUMBA Inst: Tryna (Studio B)
8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)	8:15-9:15am TRX Inst: Pia (Studio B)	9:00-10:00am YOGA Inst: Julia (Studio B)	9:00-10:00am TRX Inst: Pia (Studio B)	5:30-6:30pm STRONG NATION Inst: Stephanie (Studio B)	10:45-11:45am XTREME HIP HOP Inst: Tryna (Studio B)
9:00-10:00am YOGA Inst: Julia (Studio B)	9:00-10:00am YOGA Inst: Shelley (Meeting Room)	10:00-11:00am BOOTCAMP Inst: Stephanie (Gym)	10:00-11:00am ZUMBA Inst:Carolynn (Gym)		
10:00-11:00am ZUMBA Inst: Courtney (Gym)	9:30-10:30am INDOOR CYCLING Inst: Pia (Spin)	11:00-12:00pm SILVER SNEAKERS (Studio B)	11:00-12:00pm SILVER SNEAKERS (Studio B)		
5:30-6:30pm INDOOR CYCLING Inst: Sonja (Spin)	9:30-10:30am STEP & SCULPT Inst: Stephanie (Studio B)	5:30-6:30pm BOOTCAMP Inst: Stephanie (Studio B)	5:30-6:30pm STEP & SCULPT Inst: Stephanie (Studio B)		
5:30-6:30pm XTREME HIP HOP Inst: Ratoya (Studio B)	11:00-12:00pm SILVER SNEAKERS (Studio B)	5:30pm-6:30pm XTREME BURN Inst: Tryna (Meeting Room)	5:30-6:30pm INDOOR CYCLING Inst: Dawn (Spin)		
6:45-7:45pm STRONG NATION Inst: Stephanie (Studio B)	5:30-6:30pm INDOOR CYCLING Inst: Sonja (Spin)	6:45pm-7:45pm YOGA Inst: Mercedes (Meeting Room)	6:45-7:45pm TRX Inst: Stephanie (Studio B)		
	5:30-6:30pm ZUMBA Inst: Regina (Studio B)	6:45pm-7:45pm ZUMBA Inst: Tryna (Studio B)			
	6:45-7:45pm TRX Inst: Stephanie (Studio B)				



SCAN ME

AQUATICS FITNESS SCHEDULE



ARMED SERVICES YMCA

Effective: January 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)	8:10-8:55am Twinges in the Hinges (Therapy Pool)		
9:00-9:50am Water Aerobics (Lap Pool)		9:00-9:50am Water Aerobics (Lap Pool)		9:00-9:50am Water Aerobics (Lap Pool)	
10:00-10:50am Twinges in the Hinges (Therapy Pool)		10:00-10:50am Twinges in the Hinges (Therapy Pool)			
	6:50-7:45pm Water Aerobics (Lap Pool)		6:50-7:45pm Water Aerobics (Lap Pool)		

**All Aquatic Fitness classes are first come, first serve.
Therapy Pool can only hold up to 12 participants at a time.**