

MONROE FAMILY YMCA

Group Exercise Schedule

Summer

***New**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Step Combo 6:05am-7:05am Angeline		Adv. Step 6:05am-7:05am Margot	Body Conditioning and Core Training 6:05-7:00 am Roz, Amy, Elissa	Cardio Training Camp/Step 6:05am-7:05am Elissa	
Gentle Yoga 8:30am – 9:20 am Anja	Body Conditioning and Core Training 8:30am – 9:30am Anja	Core Muscle Training and Stretch 8:30 am – 9:15 am Anja	Body Conditioning and Core Training 8:30am – 9:30am Anja	ZUMBA® 8:30am – 9:30am Andrea B.	
Aqua Fit 8:30am – 9:30am (pool)	SilverSplash® 9:00am – 10:00am Rachel (pool)	Aqua Fit 8:30am – 9:30am (pool)	SilverSplash® 9:00am – 10:00am Rachel (pool)	Aqua Fit 8:30am – 9:30am (pool)	
Kickboxing for All 9:30am-10:30am Lisa	Body Conditioning and Core Training 9:30am – 10:30am Anja	Step Combo 9:30am-10:15 Lisa	Body Conditioning and Core Training 9:30am – 10:30am Anja	<i>Gentle Yoga</i> 9:30am-10:30am Becky	
SilverSneakers® 10:45am – 11:30am Paul	SilverSneakers® YOGASTRETCH 10:45 – 11:30am Peggy	SilverSneakers® 10:30am-11:15am Paul	SilverSneakers® 2:30pm-3:15pm Rachel	SilverSneakers® 10:45am – 11:30am Peggy	
SilverSneakers® 11:45am – 12:30 pm Paul			ZUMBA® 5:30pm – 6:15m Andrea B.		
Cardio Training Camp 5:30pm-6:15pm Yvonne	Lo Impact 5:30pm-6:30pm Andrea	Cardio Training Camp 5:45pm-6:30pm Elissa	<i>Active Yoga</i> 6:30pm – 7:30pm Rusty	Low Impact 5:00pm – 6:00pm Sheri	
<i>Active Yoga</i> 6:30pm-7:30pm Sheri	Aqua Fit 7:45pm – 8:45pm (pool-Tues./Thurs.)	<i>IM=X Pilates</i> 6:40pm-7:30pm Monica	<i>Kundalini Yoga</i> 7:45pm-9:15pm Sat Dharm		

Italicized denotes a “SPECIALTY / MIND -- BODY” Class

* - Indicates that there is a Registration Fee for this class

Age 13 and up welcome! Please arrive on time!

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.