

Westside YMCA Group Exercise Schedule

SUNDAY		
9:05am-9:55am	●IM=X Pilates	Linda/Renee
10:00am-11:00am	●Body Conditioning	Karen
10:15am-11:05am	▶**Group Cycle	Patty
11:15am-12:15pm	😊●Step	Deanna/Lisa S
12:20pm-1:35pm	▲Gentle Yoga	Julie
1:45pm-2:45pm	😊▶●Group Cycle	Lori

MONDAY		
5:30am-6:30am	▶●Group Cycle	Bill
8:30am-9:25am	▲Feeling Fit	Brenda
9:30am-10:30am	●Body Conditioning	Brenda/Renee
10:35am-11:35am	**Step Kickboxing	Donald
11:00am-12:00pm	▲Silver Sneakers 1	Lori
11:40am-11:55am	**Core Muscle Training	Donald
12:30pm-1:25pm	▲Silver Sneakers 2	Lori
1:35pm-2:35pm	▲Silver Sneakers 1	Bonnie
2:00pm-3:00pm	●Ballroom Dancercise	Patty
4:10pm-5:10pm	😊●Kickboxing	Ernie
5:15pm-6:15pm	▲Gentle Yoga	Rusty
6:15pm-7:15pm	▶●Group Cycle	Cherie
6:30pm-7:25pm	😊●Circuit	Deanna
7:30pm-8:30pm	●Kickboxing	Michelle

TUESDAY		
5:45am-6:30am	**Cardio Training Camp	Maria
8:30am-9:25am	▲Feeling Fit	Julie
9:45am-10:45am	**Circuit	Lucy
10:50am-11:35am	**Core Muscle Training	Lucy
11:00am-12:00pm	▲Silver Sneakers 2	Julie
1:15pm-2:00pm	▲Silver Sneakers Yoga Stretch	Lisa M
4:10pm-5:10pm	😊 **Advanced Step	Shelley
5:15pm-6:15pm	●IM=X Pilates	Lucy
6:00pm-6:45pm	😊▶●Group Cycle	Elissa
6:20pm-6:55pm	▶●BOSU Core Muscle	Lucy
7:00pm-7:30pm	▲***Kids Can Cycle, Too!	Mike
7:30pm-8:30pm	●Step	Lisa S

WEDNESDAY		
5:30am-6:30am	▶**Group Cycle	Patty
8:30am-9:25am	▲ZUMBA	Shelley
9:45am-10:45am	●IM=X Pilates	Lucy
11:00am-12:00pm	▲Gentle Yoga	Julie
11:15am-12:15pm	▲Silver Sneakers 1	Sandy
12:30pm-1:30pm	▲Silver Sneakers 2	Sandy
12:45pm-1:45pm	●Qi Gong	Rafaela
2:00pm-3:00pm	●Country Line Dancing	Lynnora
2:15pm-3:15pm	▲Silver Sneakers 1	Sandy
4:10pm-5:10pm	😊●Body Conditioning	Renee
5:15pm-6:15pm	●Active Yoga	Julie
5:30pm-6:30pm	▲Family ZUMBA*	Shelley
6:15pm-7:15pm	😊▶●Group Cycling	Maria
6:30pm-7:25pm	●Body Conditioning	Deanna
7:30pm-8:30pm	😊●Step Combo	Linda

THURSDAY		
5:45am - 6:30am	●Core Muscle Training	Maria
8:30am-9:25am	▲Feeling Fit	Brenda
9:45am-10:45am	**Circuit	Lucy
11:00am-12:00pm	▲Silver Sneakers 2	Julie B
12:15pm-1:15pm	●Tai Chi	Wayne
1:15pm-2:00pm	▲Silver Sneakers Yoga Stretch	Lisa M
4:10pm-5:10pm	**Advanced Step	Kim/Brenda
5:15pm-6:15pm	●▶Group Cycle	Cherie
5:25pm-6:25pm	😊●ZUMBA	Shelley
6:00pm-6:45pm	▲Family Yoga*	Tess
6:30pm-7:25pm	●IM=X Pilates	Renee
7:00pm-8:00pm	😊●▶Group Cycling	Lori
7:30pm-8:30pm	😊●Kickboxing	Lisa S

FRIDAY		
5:30am-6:30am	▶**Group Cycle	Gary
8:30am-9:25am	▲ZUMBA	Shelley
9:30am-10:45am	▲Gentle Yoga	Julie M
1:30pm-2:30pm	▲Silver Sneakers 1	Julie B
4:10pm-5:10pm	😊●Circuit	Angela
5:15pm-6:15pm	●Kickboxing	Lisa S
6:30pm-7:30pm	●Interval Training	Michelle

SATURDAY		
7:15am-8:15am	▶●Group Cycling	Maria/Lori
8:00am-8:55am	😊●Step	Lisa S/Deanna
9:00am-9:55am	Step Kickboxing	Donald
9:00am-9:55am	😊▶**Group Cycling	Cherie
10:00am-10:25am	**Core Muscle Training	Donald
10:50am-10:50am	▲***Kids Can Cycle, Too!	Cherie
10:30am-11:30am	●Active Yoga	Lynn/Lisa M
11:35am-12:35pm	●Body Conditioning	Kim
12:45pm-1:45pm	●Hip Hop	Lynn



▲ A great place to start! All fitness levels welcome.

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**Intermediate/Advanced fitness levels suggested.

▶ Due to equipment limitations, please obtain a ticket at Member Service.

😊 Smiley face denotes once monthly beginner class.

*Meets in the Family Fun Center.

Ages 13 and up welcome!

Please arrive on time, dressed appropriately.

Proper footwear required.

***Youth age 8 and up, minimum 4'10" tall. Adults must be accompanied by a youth.

The Silver Sneakers® I & II Programs is a federally funded trademark of HealthCare Dimensions Incorporated.

All Silver Sneakers 1 & 2 Classes meet in the gym.

Updated 2/8/09