

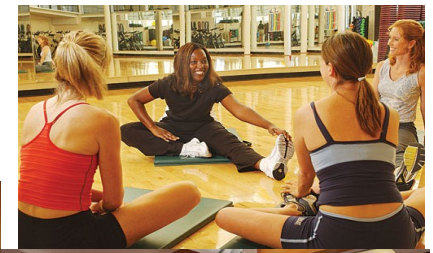
Group Fitness Schedule

Jamerson Family YMCA

March (Mar 1 - Apr 4th)

| | Lobby/Outside | Cycle Studio | MP Room A/B | MP Room C | Studio | | |
|----------------------|------------------------------------|------------------------------------|-----------------------------------|---|------------------------------------|----------------------------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00 AM HOUR | Cycle 6:00-6:45 | Simply Ballistic 5:45-6:45 | Cycle 6:00-6:45 | Iron Grip Muscle 5:45-6:45 | T. G. I. F 6:00-7:00 | | <p>All group fitness classes are FREE with your YMCA Membership (except those annotated with a ✨ New Class)</p> <ul style="list-style-type: none"> ★ Fee Based Class – Please contact front desk for details and sign-up ● Balance in Motion (Age 55+) – Tues/Thurs 10:45-11:30 Jan 28th – Apr 6th Cost \$20 Mem \$40 Non-Mem ● Power Conditioning Feb 21st - Apr 4th Sunday 1:30 -3PM Cost : \$35 members, \$65 non-members |
| 8:00 AM HOUR | Cardio Box 8:30-9:30 | AM Yoga 8:00-9:15 | Gentle Fire Yoga 8:00-9:15 | AM Yoga 8:00-9:15 | | Stott Pilates 8:00-9:00 | |
| 9:00 AM HOUR | AB-solutely Core 9:00-9:30 | | AB-solutely Core 9:00-9:30 | | Cross Training 8:30-9:30 | Power Yoga 8:30-9:45 | |
| | Cross Training 9:30-10:30 | Flexible Strength 9:30-10:30 | Multi Step 9:30-10:30 | Flexible Strength 9:30-10:30 | Iron Grip Cardio 9:30-10:30 | Step 9:00-10:00 | |
| | Cycle 9:30-10:30 | | Cycle 9:30-10:30 | Postnatal ★ 9:45 - 10:30 | Cycle 9:30-10:30 | Cycle Challenge 9:00-10:15 | |
| 10:00 AM HOUR | Cross Training Lite 10:30-11:30 | Iron Grip Muscle 9:30-10:30 | Zumba Fitness 10:30-11:30 | Active Plus Muscle 10:45-11:45 | Cross Training Lite 10:30-11:30 | Flexible Strength 10:00-11:00 | |
| | Zumba Express ★ 10:00 - 10:30 | Balance in Motion ✨ 10:45-11:30 | 20-20-20 Lite 10:30-11:30 | Balance in Motion ✨ 10:45-11:30 | Gentle Yoga 10:45-11:45 | Zumba Fitness 1100 - 1200 ★ | |
| 12:00 HOUR | Adv. Cross Training 12:00-1:00 | Gentle Yoga 10:45-11:45 | Step 12:00-1:00 | Stott Pilates 12:00-1:00 | Cross Training 12:00-1:00 | | |
| | Power Yoga 12:00-1:15 | Stott Pilates 12:00-1:00 | Power Yoga 12:00-1:15 | Cycle ★ 12:00-12:45 | Power Yoga 12:00-1:15 | | |
| 1:00 HOUR | Chair Exercise 1:00-1:45 | T'ai Chi Practice NOON | Chair Exercise 1:00-1:45 | | Chair Exercise 1:00-1:45 | | |
| 4:00 HOUR | Cross Training 4:30-5:30 | Cycle Express 4:30-5:00 | Cardio Pump 4:30-5:30 | Zumba Fitness ★ 4:30 - 5:30 (Mar 11th) | Zumba Fitness 4:30 - 5:30 | | |
| 5:00 HOUR | Flexible Strength 5:00-5:55 | Flexible Strength 5:00-5:40 | Flexible Strength 5:00-5:55 | | Kempo Karate ✨ 5:30-7:30 | | |
| | Instructor Choice 5:45-6:45 | Cycle Express 5:30-6:15 | TNT ★ 5:30 - 6:00 | Cycle Express 5:30-6:15 | | | |
| | Totally Tubular ★ 5:30-6:00 | Iron Grip Muscle 5:45-6:45 | Cycle 5:45-6:45 | Iron Grip Muscle 5:45-6:45 | Cardio Step 5:45-6:45 | | |
| 6:00 HOUR | Cycle 5:45-6:45 | Power Yoga 5:45-7:00 | Cardio-Step Interval 5:45-6:45 | Power Yoga 5:45-7:00 | | | |
| | Kempo Karate ✨ 6:00-9:00 | Stretch 6:45-7:00 | Kempo Karate- ✨ 6:00-9:00 | Stretch 6:45-7:00 | | | |
| 7:00 HOUR | Abs/Back 6:45-7:00 | Cross Training 7:00-8:00 | Abs/Back 6:45-7:00 | Cycle 7:00-7:45 | | | |
| | Cardio Box 7:00-8:00 | Cycle 7:00-7:45 | Step 7:00-8:00 | | | | |
| 8:00 HOUR | | Shag ✨ 7:00-9:00 | Stott Pilates 8:00-9:00 | | | | |
| | | Zumba Fitness 8:00 - 9:00 | | Zumba Fitness 8:00 - 9:00 | | | |

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| ● Power Conditioning 1:30 - 3PM |
| Zumba Fitness 2:00-3:00 ★ |
| Zumba Fitness 3:00-4:00 |
| Sunday Yoga 4:00-5:15 |



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