

YMCA/YWCA GROUP FITNESS SCHEDULE

Spring 1 February 27th to April 14th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Energize 8:30-9:55 am Marijo & Mara	Energize 8:30-9:55 am Marijo	Energize 8:30-9:55 am Marijo & Mara	Energize 8:30-9:55 am Marijo		
Cycle 9:15-10:00 am Bonnie	Cycle 9:15-10:00 am Michele	Cycle 9:15-10:00 am Jen	Cycle 9:15-10:00 am Michele	Cycle 9:15-10:00 am Bonnie	Cycle 9:15-10:00 am Pam
BODYPUMP 10:15-11:15 am Jen	Step & Sculpt 10:05-11:00 am Maria	BODYPUMP 10:15-11:15 am Jen	Step & Sculpt 10:05-11:00 am Maria	BODYPUMP 10:15-11:15 am Michele	BODYPUMP 10:15-11:15 am Maria
	Ab Solution & Half n' Half 11:15-12:25 pm Terry		Ab Solution & Half n' Half 11:15-12:25 pm Terry		
BODYPUMP 5:00-6:00 pm Maria		Zumba 5:05-6:00 pm Romy			
	Cycle Fusion 5:30-6:30 pm Randi		Cycle Fusion 5:30-6:30 pm Randi		
Hi-Lo 6:05-7:00 pm Marijo	BODYPUMP 5:30-6:30 pm Michele	Hi-Lo 6:05-7:00 pm Marijo	BODYPUMP 5:30-6:30 pm Maria	Friday Fit 6:05-7:00 pm Maria A	
Zumba 7:05-8:00 pm Romy	Boot Camp 6:35-7:30 pm Varies		Boot Camp 6:35-7:30 pm Varies	Zumba 7:05-8:00 pm Romy	

AB SOLUTION - Strengthen Abdominal and Lower Back Muscles

HALF N HALF - Basic Cardiovascular Conditioning and Body Sculpting

CYCLE FUSION - Cardio Fitness With Strength

CYCLE- Cardio Fitness and Athletic Training on stationary bikes

ENERGIZE - Stretching and Relaxation techniques; Aerobic Exercise and Muscle Toning

STEP & SCULPT - A combination of step and strength training

BODYPUMP - Lesmills original barbell workout that strengthens your entire body

HI-LO - Intermediate to Advanced Choreography will keep you on the move

ZUMBA - A mix of Latin dances to music for Aerobic conditioning

FRIDAY FIT - An anything goes class with cardio and sculpting

BOOT CAMP - Elements of conditioning, strength, and endurance exercises to challenge all levels.