

Group Exercise Classes

Group Exercise Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Y's Way to Fitness</u> 6:30am-7:30am Tom M.		<u>Y's Way to Fitness</u> 6:30am-7:30am Tom M.		<u>Y's Way to Fitness</u> 6:30am-7:30am Tom M.	<u>BODYPUMP</u> 8:10am-9:10am Kathy W	
	<u>Barre</u> 9:00am-10:00am Mia B.	<u>Zumba</u> 9:15 am-10:15am Angel T.	<u>Step & Core</u> 9:00am-10:00am Leon H.	<u>Power Sculpt</u> 9:00am-10:15am Jennifer D/Ela B.	<u>Step & Sculpt</u> 9:25am-10:40am Leon H.	<u>WARRIOR Rhythm</u> 9:00am-9:55am Sasha C
<u>Zumba</u> 9:30am-10:30am Ellen D.	<u>Yoga</u> 10:30am-11:45am Nicole M.	<u>Cardio & Core (low-impact)</u> 10:30am-11:30am Nicole M.	<u>Power Yoga</u> 10:30am-11:55am Nick	<u>Sweat & Stroll Bootcamp</u> 9:30am-10:30am Angela R *Meet in Lobby, Outdoor class	<u>Yoga</u> 10:55am-12:10pm Laura L./Diana L.	Kickboxing 10:05 - 10:55am Leon H.
<u>Sweat & Stroll Bootcamp</u> 10:30am-11:30am Angela R *Meet in Lobby Outdoor class	<u>Dance Fit</u> 12:30pm-1:30pm John R.	<u>Mat Muscle</u> 12:00pm-12:55pm Rose Z.	<u>BODYPUMP</u> 12:05pm-12:55 Angel T	<u>BODYPUMP</u> 10:30-11:45am Miguel R		
<u>Mat Muscle</u> 11:00am-12:00pm Nick	<u>Line Dance Level 2</u> 2:00 pm-3:00 pm Brenda S.	<u>Gentle Strength & Balance</u> 1:30pm-2:30pm Teja G.	<u>Chair Yoga</u> 2:00pm-3:00pm Yvette T.	<u>Pilates</u> 12:00pm-1:00pm Nicole M		
<u>Parkinson's Group Exercise Class</u> 12:30pm-1:30pm JoRene W.		<u>Line Dance Level 1</u> 2:45pm-3:45pm Brenda S.		<u>Gentle Strength & Balance</u> 1:45pm-2:45pm Teja G.		
<u>Chair Yoga</u> 2:00pm-3:00pm Yvette T.	<u>Gentle Yoga</u> 4:00pm-5:15pm Laura L.		<u>Dance Fit</u> 4:15pm-5:15pm John R.	<u>Tai Chi</u> 3:30pm-4:30-m Michelle S.		<u>Gentle Yoga</u> 4:00pm-5:05pm Mary O.
<u>Gentle Strength & Balance</u> 3:15pm-4:15pm Teja G.	<u>UpBeat Barre</u> 5:30-6:15 Janelle C.	<u>UpBeat Pilates</u> 5:00-5:50 Janelle C.	<u>BODYPUMP</u> 5:30pm-6:30pm Kathy W.	<u>Yoga Flow</u> 5:30pm-6:35pm Mary O.		
<u>Cardio Hip Hop</u> 4:30pm-5:30pm Gina M.	<u>Cardio Dance</u> 6:30pm-7:30 pm Sasha C.					
<u>Gentle Yoga</u> 5:45pm-7:00pm Jasmine G.		<u>BODYPUMP</u> 6:00pm-7:15 pm Miguel R.	<u>Yoga</u> 6:45pm-8:00pm Thea D.			

Activity Center (basketball court) & FitYard

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<u>Cycle</u> 6:00am-6:45am Art C.	<u>Bootcamp</u> 6:00am-6:45am Sasha C.		
<u>Cycle</u> 8:30am-9:30am Melanie J.		<u>Cycle</u> 8:30am-9:30am Sky C.		<u>Cycle</u> 9:30am-10:30am Sky C.		<u>Cycle</u> 11:15am-12:15pm Sky C.
<u>Cycle</u> 12:30pm-1:20pm Rose Z.			<u>Stay Fit Forever</u> 11:30am-12:15pm Deborah H.	<u>Zumba Gold</u> 12:30pm-1:15pm Deborah H.	<u>Adult Aikido</u> 12:30pm-1:45pm Don S.	
<u>TRX/Cycle Combo</u> 5:40pm-7:10pm Kathy W.	<u>Youth Aikido</u> 4:15pm-5:15pm Jay C.		<u>Youth Aikido</u> 4:15pm-5:15pm Jay C.			

Schedule begins **06/11/2025** and is subject to change without notice.

Any questions or concerns regarding this schedule can be directed to Nicole Martinovich, Associate Health & Wellness Director, at nmartinovich@scfymca.org

For information regarding instructor substitutes, holiday/emergency cancelations, and class descriptions, please see our online schedule at: <https://www.groupeipro.com/schedule/853/?view=calendar>

Refrain from using any personal electronic devices and smart phones in class. Devices should be silenced and stored at the back of the room.

Children under 13 years of age are not permitted to attend classes unless the Director of Health & Wellness has made an exception. Email Hailey Lawson, Health & Wellness Director, at hlawson@scfymca.org to schedule a meeting to request an exception.

For your safety and out of respect for others, please do not enter class already in session for more than 10 minutes. If you are new to a class, please arrive early to get oriented. If attending cycle for the first time arrive 10 minutes before class start time for instruction on bike setup.

Please be mindful when wearing scents (lotion, perfume, body spray, etc.) - many members and instructors have sensitivities to strong smells.

It is not safe to wear normal socks while working out due to the risk of slipping in the group ex studio. In classes where shoes are not recommended we ask that you do your workout barefoot or use sticky socks to prevent risk of falling/injury.