GROUP EXERCISE SCHEDULE RITE-HITE FAMILY YMCA

September 5th— October 30th UPDATED

BOLDED CLASSES DENOTE AN EXTRA FEE

MONDAY



WEDNESDAY CONTINUED

ITME AMCLASSLOCATIONINSTRUCTOR1:00-1:45SSFP ClassicStudio 7Kim5:30-6:15Cardio FusionGymAbduai5:20-6:20ZumbaStudio 7Alana6:00-7:00BODYPUMPStudio 6Sara5:30-6:15Adult Hip-HopStudio 6Antonio8:00-9:00Senior FitnessStudio 7Karen5:45-6:30Outdoor BootcampOutdoorsTimeka8:30-8:50Y-coreStudio 6Shanda6:30-7:30BODYFLOWStudio 2Denisse9:00-10:00Y-CycleCycling StudioShanda6:30-7:30BODYPUMPStudio 6Laura9:15-10:15YogaStudio 6Allison7:00-8:00ZumbaStudio 3Ciara9:15-10:15BODYCOMBATStudio 7ErinTHURSDAYStudio 3Ciara	MONDAY					Y CONTINUED		
No. Cardio Fusion Cym Adual 5:20-6:20 Zumba Studio 7 Alan 8:00-7:00 Senior Finness Studio 7 Karen 5:30-6:10 Adul Hip-Hop Dutdoor Social On Timeka 8:00-7:00 Senior Finness Studio 7 Karen 5:30-6:10 Adul Hip-Hop Dutdoor Social On S		CLASS	LOCATION	INSTRUCTOR		SSED Classic	Studio 7	Kim
3-05-75 Lattice Studie 6 Studie 6 Antonio 8-00-7400 Senort Finases Studie 6 Studie 6 Studie 6 Antonio 8:30-8:10 France Studie 6 Studie 6 Studie 6 Studie 6 Dirt/CW Studie 6 Dirt/CW Studie 6 Dirt/CW Studie 6 Lord Derisse 8:30-8:10 France Studie 6 Attennes Studie 6 Lord Dirt/CW Studie 6 Lord Dirt/CW Studie 6 Lord Dirt/CW Studie 6 Lord Studie 7 Studie 7 Studie 6 Lord ThUE CLASS LOCATION INSTEUC 10.01-14 SSFP Classic Studie 7 Kim Bio 9:00 Zumas Studie 3 Timeka 20.02-24 SSFP Classic Studie 7 Kim Bio 9:00 Zumas Studie 3 Timeka 20.02-24 SSFP Classic Studie 7 Kim								
0.00.7.00 BULLTPORT Studio Statulo Statulo Statulo Studio Studio <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>								
Bit as as a process Studio A Studio A </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
8. ab. 1000 5. ab. 1000 5. 15. 10.15 5. 1000 5. 15. 10.15 5. 1000 5. 15. 10.15 5. 1000 5. 10000 5. 100000 5. 100000 5. 100000 5. 100000 5. 100000 5. 1000000 5. 1000000000000000000000000000000000000	8:00-9:00	Senior Fitness				•		
Construct Construct <thconstruct< th=""> <thconstruct< th=""> <thc< td=""><td>8:30-8:50</td><td>Y-core</td><td></td><td></td><td></td><td></td><td></td><td></td></thc<></thconstruct<></thconstruct<>	8:30-8:50	Y-core						
11:10-10:10 DDD/PUMP Studio 6 Attigon 7.00-8:00 Zumba Studio 3 Clara 10:15-11:00 Total Gym Beginners Studio 7 Evin TIME CLASS LCCATION INSTRUC 10:30-11:30 BODYCUMM Studio 7 Evin Studio 7 Evin Time 5 Studio 7 Evin Studio 7 Evin Studio 7 Evin Studio 7 Evin Studio 7 Time 6 Studio 7 Time 6 Studio 7 Evin Studio 7 Studio 7 Time 6 Studio 7 Studio 7 Time 6 Studio 7	9:00-10:00	Y-Cycle	Cycling Studio	Shanda				
11-10-13 00-15-11-30 00-20-11-30 DOWCOMBAT BODYPLOW Studio 7 Studio 3 Ennota Studio 7 THURSDAY 10-30-11-30 00-30-11-30 BODYPLOW Studio 7 Eva Studio 7 Eva AM Timeka 5:30-6:15 V Functional Fit Camp Y-Cycle SG Studio 7 Timeka Studio 7 PM 5:30-6:23 Studio 7 Kim 9:00-9:45 STudio 6 Arranda S2-6:25 Studio 7 Kim 9:00-9:45 Trate Cayn Foundations Studio 7 Kimen 5:30-6:23 Studio 7 Kimen 7:00-7:00 Studio 7 Kimen 7:00-7:00 Studio 7 Korten 7:00-7:00 Studio 6 Jamen 7:00-7:00 Studio 7 Korten 7:00-7:00	9: 15-10: 15	Yoga	Studio 2	Levy				-
10:15:11:00 Total Gym Beginners Studio 7 Evaluation 7 Filler CLASS LOCATION INSTRUC 10:30:11:30 BODYPLWP Studio 7 Filler Studio 7 Gina Studio 7	9: 15-10: 15	BODYPUMP	Studio 6	Allison		Zumba	Studio 3	Ciara
10:30:11:30 BODYFLOW Studio 7 Eva AM Yenctional Fit Camp SG Studio Timeka PM 10:30:11:30 BODYPUMP Studio 7 Kim 8:30-6:30 Yenctional Fit Camp SG Studio 3 Timeka 2:00:2:45 SSFP Classic Studio 7 Kim 8:00-9:00 Total Gym Foundations Studio 3 Timeka 5:30-6:25 Zumba Studio 7 Kim 9:00-9:45 Total Gym Foundations Studio 3 Timeka 5:30-6:25 Zumba Studio 7 Kim 9:00-9:45 Studio 7 Kim Karan 5:30-6:25 Zumba Studio 7 Timeka 10:30:11:30 Studio 7 Studio 7 Zumba Studio 7 Dawn 5:30-6:30 Yenctional Fit Camp SG Studio 7 Lenit 10:30:11:30 SSFP Classic Studio 7 Dawn 5:30-6:30 Yenctional Fit Camp SG Studio 7 Kim 5:30-6:30 Yencie Studio 6 Joe 5:30-6:30 Yencie Studio 7 Kim Studio 7 Dawn Studio 7 Take 5:30-6:15 Yencie	9:15-10:15	BODYCOMBAT	Studio 7	Erin	THURSDAY			
10.30.11.30 BODYPUMP Studio 6 Jim 5:30-6:15 Y Functional Fit Camp S0 Studio 7 Timeka 10.01.145 SSFP Classic Studio 7 Kim 9:00-9:45 Timeka Studio 6 Kim Studio 7 Studio 6 Kim 5:20-6:25 BODYPUMP Studio 7 Kim 9:00-9:45 Timeka Studio 6 Karen 5:30-6:25 Zumba Studio 7 Kim 9:15-10:15 CVC/ORMAT Studio 6 Karen 5:36-6:30 Cutdoors Bootcamp Outdoors Timeka 10:30:11:30 Yoga Studio 7 Dawn 6:30-7:30 BODYPUMP Studio 7 Jynda 10:30:11:30 Yoga Studio 7 Dawn 7:00-8:00 Zumba Studio 7 Stantio 6 Joe	10:15-11:00	Total Gym Beginners	Studio 3	Shanda	TIME	CLASS	LOCATION	INSTRUCTOR
10.30-11.30 BODYPUMP Studio 6 Jim 5.30-6:15 Y Functional Fit Camp Studio 7 So Studio 7 Timeka Studio 7 1:00-1145 SSFP Classic Studio 7 Kim 9:00-940 Yumba Gald Studio 6 Studio 7 Gina 5:25-6:25 BODYPUMP Studio 7 Kim 9:00-940 Yumba Gald Studio 6 Karen 5:46-6:45 Zumba Studio 7 Kim 9:00-100 Xiogy StrikeForce Studio 6 Karen 5:46-6:45 Duttdoor Bootcamp Outdoor StrikeForce Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Dawn 6:30-7:30 BODYPUMP Studio 7 Unda PM Studio 7 Dawn Studio 7 Dawn 70 Zumba Studio 6 Stardo Stardo 3 Studio 7 Dawn 70 Zumba Studio 6 Stardo 7 Studio 7	10:30-11:30	BODYFLOW	Studio 7	Eva	AM			
PM 5:30-6:30 Y-Cycle Cycling Studio Lurara 2:00-2:45 SSFP Classic Studio 7 Kim 8:00-900 Zimba Gold Studio 7 Studio 7 5:30-6:25 Zumba Studio 7 Kim 9:00-9:00 Zimba Gold Studio 7		BODYPUMP	Studio 6	lim	5:30-6:15	Y Functional Fit Camp	SG Studio	Timeka
1:00-1:46 SSPF Classic Studio 7 Kim 8:00-9:00 Zumba Gold Studio 7					5:30-6:30	Y-Cycle	Cycling Studio	Laura
2::00:2:4:5 SSPF Classic Studio 3 Timeka 9::00:9::45 Total Gym Foundations Studio 3 Timeka 5::30:6::25 Zumba Studio 7 Gwen 9::15:10:15 BODYCMAT Studio 7 Steve 5::30:6::25 Zumba Studio 2 Lesil 10::30:11:30 Studio 7 Dawn 6:30:7:30 Advanced Step Studio 3 Clara 10::01:14 Studio 6 Arristin 6:30:7:30 Advanced Step Studio 3 Studio 7 Studio 7 Studio 6 Jamnea Studio 6 Jamnea Studio 6 Jamnea 5:30:6:30 Y Corele Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Jamda 6:30:7:30 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Studio 7 Jamda 5:30:6		SSEP Classic	Studio 7	Kim	8:00-9:00	Zumba Gold	Studio 7	Gina
5:25.6:25 BODYPUMP Studio 7 Amanda 0:15-10:15 Y-Chisel Studio 7 Sitewe 5:30-6:25 Zumba Studio 7 Timeka 9:15-10:15 Y-Chisel Studio 7 Sitewe 5:43-6:45 Pilates Studio 2 Lesil 10:30-11:30 SSPP Circuit Studio 6 Kristin 6:30-7:30 BODYPUMP Studio 3 Ciara 12:00-12:45 Y-Cycle Cycling Studio 7 Dawn 7:00-8:00 Zumba Studio 3 Ciara 12:00-12:45 Y-Cycle Studio 6 Jaen 5:30-6:15 Y Functional Fit Camp SG Studio Starda S:30-6:30 Yoga Studio 6 Jaen 5:30-6:15 Y Functional Fit Camp SG Studio 2 Gretchan Studio 6 Jaen Studio 7 Tasha 8:00-9:00 Senior Fitness Studio 7 Kim Situdio 7 Studio 7 Marie 9:15-10:15 Y Cycle Cycling Studio Gretchan Studio 7 Studio 7 Studio 7 Studio 7 Studio					9:00-9:45	Total Gym Foundations	Studio 3	Timeka
5:30-6:25 Zumba Studio 7 Gwen 9:15-10:15 BODYCOMBAT Studio 7 Stevelocity 5:45-6:45 Pilates Studio 2 Lesit 10:30-11:30 Yega Studio 6 Kristin 6:30-7:30 Advanced Step Studio 3 Clara 12:00-12:45 Y-Cycle Cycling Studio 6 Joe 6:30-7:30 Advanced Step Studio 3 Clara 12:00-12:45 Y-Cycle Cycling Studio 6 Joe 6:30-7:30 X Functional Fit Camp Sta Studio 7 Lynda Studio 7 Value Studio 7 Joe 5:30-6:30 Y-Cycle Cycling Studio Starah 5:30-6:30 Y-Cycle Studio 7 Tasha 8:00-9:00 Senior Fitness Studio 7 Kirm 6:30-7:30 Vecardio Fink Studio 7 Marie 9:00-9:45 Total Gym Foundations SG Studio 2 Cyring Studio Studio 2 Marie Studio 7 Marie 9:15-10:15 Zumba Studio 7 Gina Sizudio 2 Studio 7 Studio 7 Studio 7					9:15-10:15	Y-Chisel	Studio 6	Karen
5:45.6:30 Outdoor Bootcamp Outdoors Timeka 9:15:10:10 Xtricity strVkeForce SC Studio Lonnie 6:30-7:30 BODYPUMP Studio 6 Joe 10:30:11:30 SSFP Circuit Studio 6 Kristin 7:00.8:00 Zumba Studio 7 Lindio 7 Dawn Studio 7 Dawn AM TUESDAY Studio 6 Studio 7 Dawn Studio 7 Dawn AM Studio 6 Studio 6 Studio 6 Studio 6 Joe Joe Studio 7 Dawn AM Studio 6 Studio 6 Studio 6 Studio 7 Tasha Studio 7 Joe Joe V-Crole Cycling Studio 6 Joe Studio 7 Tasha 8:00-9:00 Studio 7 Kim Studio 7 Kim Studio 7 Studio 7 <td></td> <td></td> <td></td> <td></td> <td>9:15-10:15</td> <td>BODYCOMBAT</td> <td>Studio 7</td> <td>Steve</td>					9:15-10:15	BODYCOMBAT	Studio 7	Steve
5:45-6:45 Pilates Studio 2 Lesil 10:30:11:30 Yoga Studio 6 Kristin 6:30-7:30 Advanced Step Studio 7 Lynda PM SSFP Circuit Studio 7 Dawn 6:30-7:30 Advanced Step Studio 7 Lynda PM Cycling Studio 6 Keri 7:00-8:00 Yenctional Fit Camp Studio 5 Stadio 5 SSFP Circuit Studio 6 Jae 8:30-6:30 Y-ccycle Cycling Studio 6 Stadio 6 Jae Jae 9:00-9:05 Y-ccycle Studio 6 Stadio 6 Stadio 6 Jae 9:00-9:04.57 Yet totasic Studio 6 Stadio 7 Tasha Studio 7 Marie 9:00-9:04.57 Total Gym Foundations Studio 7 Gina Studio 7 Studio 7 Marie 9:15-10:15 Zumba Studio 7 Gina Studio 7					9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie
6:30-7:30 BODYPUMP Studio 6 Joe 10:30:11:30 SSEP Circuit Studio 7 Dawn 7:00-8:00 Zumba Studio 3 Clara 12:00:12:45 Y-Cycle Cycling Studio 6 Joe 7:00-8:00 Zumba SC Studio 7 Studio 7 Studio 7 Joe 1:1:30:1:30 SSEP Classic Studio 7 Joe 7:00-8:00 Y-Cycle Cycling Studio 5 Studio 6 Joe Joe </td <td></td> <td>-</td> <td></td> <td></td> <td>10:30-11:30</td> <td>Yoga</td> <td>Studio 6</td> <td>Kristin</td>		-			10:30-11:30	Yoga	Studio 6	Kristin
Clip Color Advanced Step Studio 3 Lynda PM 7:00-8:00 Zumba Studio 3 Clara 1:200-12:45 Y-Cycle Cycling Studio 6 Aeri AM Siludio 3 Clara 1:200-12:45 Y-Cycle Cycling Studio 6 Joe AM Siludio 3 Clara 1:50-11:45 SSEP Classic Studio 6 Joe AM Siludio 4 Joe Siludio 5 Siludio 5 Siludio 6 Joe Siludio 5 Y-Cycle Cycling Studio 5 Siludio 6 Siludio 7 Tasha 8:00-9:00 Sentiar Fitness Studio 7 Kim 6:30-7:30 BDDYCOMBAT Studio 7 Marie 9:15-10:15 Y-Cycle Cycling Studio 6 Karen Siludio 7 Marie Siludio 7 Marie 9:15-10:15 Y-Cycle Studio 7 Karen Siludio 7 Siludio 7 Karen 9:15-10:15 Y-Cycle Cycling Studio 6 Siludio 7 Karen Marie 9:10-11:45 SSPP Vicort					10:30-11:30	SSFP Circuit	Studio 7	Dawn
T::00-8::00 Zumba Studio 3 Ciara 12::00-12::45 Y-Cycle Cycling Studio Kerl MM 5::30-6::15 Y Functional Fit Camp Solution 5 SS Funda Studio 6 Joen S:30-6::30 Y-Cycle Cycling Studio Sarah S:30-6::30 Y-Cycle Studio 2 Lymda Studio 6 Jeen S:00-9::00 Sentidio 7 Kim SS Studio 7 Studio 6 Gene Studio 6 Gene 9::00-9:05 Total Gym Foundations Studio 2 Gretchen Studio 2 Gretchen Studio 7 Marie 9:15-10:15 Y-Cycle Cycling Studio 4 Karen Studio 2 Gretchen Studio 7 Studio 7 Studio 7 Marie 9:15-10:15 Y-Cycle Cycling Studio 6 Studio 7 Studio 7<					PM			
TUESDAV Static		•				Y-Cycle	Cycling Studio	Keri
LOLESDAT All Statulo 4:15-5:15 BODYPUMP Studio 6 Joe 5:30-6:30 Y Functional Fit Camp SG Studio Shanda 5:25-6:10 Studio 6 Jeanne 6:30-6:50 Y-Cycle Studio 6 Shanda 5:30-6:30 Yearlos Funcio Studio 7 Tasha 8:00-9:00 Senior Fitness Studio 6 Shanda 5:30-6:30 Yearlos Funcio Studio 7 Tasha 9:00-9:45 Total Gym Foundations SG Studio Jim SG Studio Jim Yearlos Funcio Studio 6 Avera 9:15-10:15 Zumba Studio 7 Grathan 5:30-6:15 BoDYCOMBAT Studio 6 Rotation 6 9:15-10:15 Zumba Studio 7 Grathan S:30-6:15 BoDYCOMBAT Studio 7 Liza 10:30-11:30 SSP Circuit Studio 7 Kim Studio 7 Studio 7 Liza 10:30-11:30 SSP Yaga Studio 7 Kim Studio 7 Studio 7 Liza 10:30-11:30 SSP Yaga Studio 7 <t< td=""><td></td><td>Zumba</td><td>Studio S</td><td>Ciara</td><td></td><td></td><td>5 0</td><td></td></t<>		Zumba	Studio S	Ciara			5 0	
AM BisD-6:15Y Functional Fit Camp S:30-6:30SG StudioShanda Cycling StudioSizZ-6:10SizB X-Press/AbsStudio 6Jeanne Studio 75:30-6:30Y-CoreShandaShandaSizZ-6:10SizB X-Press/AbsStudio 2Lynda6:30-6:30Y-CoreStudio 7Kim Gilo 7SizD-6:30Y-Cardio FunkStudio 7Tasha8:00-9:00Senior FitnessStudio 12Kim Cycling Studio JimSizD-6:30Y-Cardio FunkStudio 7Marie9:00-1:00Y-CycleCycling Studio JimSizdlo 7GinaSizD-6:30Studio 7Marie9:15-10:15Y-ChslelStudio 6KarenSizdlo 7GinaSizD-6:30Studio 7Studio 79:15-10:15Y-CycleStudio 7GinaSizD-6:30ScotombatSc Studio 7Stataton10:30-11:30BDDYCOMBATStudio 7KimSizD-6:30Y-CycleCycling Studio 7Liza10:30-11:30SSPP CircuitStudio 7Kim9:15-10:15BODYPUMPStudio 6Stataton10:00-12:45SSFP YogaStudio 7Kim0:30-11:30BODYPUMPStudio 6Staren10:00-12:45SSFP YogaStudio 7Kim0:30-11:30BODYPUMPStudio 6Staren10:00-12:45SSFP YogaStudio 7Kim0:30-11:30BODYPUMPStudio 7Gina12:00-12:45SSFP YogaStudio 7Kim0:30-11:30SDOPYUMPStudio 7Gina12:00-12:45 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
5:30-6:30 Y-Cycle Cycling Studio Sarah 5:30-6:30 Y-Cycle Studio 6 Shanda 6:30-8:50 Y-Cycle Studio 6 Shanda Studio 7 Tasha 6:30-9:00 Senior Fitness Studio 7 Kim Studio 7 Studio 7 9:00-9:44 Total Gym Foundations SG Studio Timmeka Studio 7 Studio 7 9:15-10:15 Zimba Studio 7 Grathan Studio 7 Studio 7 Marie 9:15-10:15 Zimba Studio 7 Gina Studio 7 Studio 7 Studio 7 Studio 7 9:15-10:15 Zimba Studio 7 Gina Studio 7 Studio 7 Studio 7 Studio 7 9:15-10:15 Zimba Studio 7 Karen Studio 7 Studio 7 Studio 7 Studio 7 10:03-11:30 SSFP Circuit Studio 7 Karen Studio 7 Studio 7<								
6:30.6:50 YOare Studio 6 Shanda 5:30-6:25 YCardio Funk Studio 7 Tasha 8:00-9:00 Senior Fitness Studio 7 Kim 6:30-7:30 BODYCOMBAT Studio 7 Marie 8:15-9:15 Pilates Studio 7 Gretchen Gretchen Gretchen Studio 7 Kim 6:30-7:30 BODYCOMBAT Studio 6 Shanda 9:15-10:15 YChisel Studio 7 Gretchen Gretchen Gretchen Gretchen Studio 7 Studio 7 Studio 6 Shanda 9:15-10:15 YCycle Studio 7 Gretchen Gretchen Gretchen Gretchen Gretchen Studio 7		•				•		
8:00-9:00 9:00-9:45 Senior Fitness Total Gym Foundations Pilates Studio 7 Studio 7 Kim 6:30-7:00 (3:0-7:30) V Kettlebell Interval Circuit Studio 6 Gwen Marie 9:00-9:45 Total Gym Foundations Pilates Studio 7 Kim GretChen Cycling Studio Jim FRIDAY Studio 7 Marie 9:00-10:00 Y-Cycle Cycling Studio Jim GretChen Cycling Studio 2 FRIDAY Studio 7 Studio 7 Marie 9:15-10:15 Zumba Studio 7 Gina S:30-6:15 Boot Combat SG Studio 7 Studio 7 9:15-10:15 Zumba Studio 7 Kim Studio 7 Studio 2 Carrie PM SSFP Circuit Studio 7 Kim Studio 7 Studio 7 Studio 7 PM SSFP Voga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 7 Janny N 1:00-1:45 SSFP Voga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 7 Janny N 2:20-2:45 Y-Cycle Cycling Studio Kim 9:15-10:15 BODYPUMP Studio 7 Janny N 2:20-2:45 SSFP Voga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 7 Stare 3:20-6:30 Yoga Studio 7 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>								
Bool Process Total Sym Foundations SG Studio Timeka SG Studio Bool Process Studio 7 Marie 81:15-9:15 Pilates Studio 2 Gretchen Cycling Studio 1/m FRIDAY AM 91:15-10:15 Y-Chisel Studio 7 Gina Studio 7 Gina Studio 7 Stu								
8:15:9:15 Pilates Studio 2 Gretchen 9:00-10:00 Y-Cycle Cycling Studio Jim Studio 6 Karen 9:15-10:15 Zumba Studio 7 Gina Studio 6 Karen 9:15-10:15 Zumba Studio 7 Gina Studio 7 Studio 6 Rotation 10:03-11:30 BODYCOMBAT Studio 6 Steve 6:30-6:10 POUPUMP Studio 7 Studio 7 10:30-11:30 BODYCOMBAT Studio 7 Karen 8:15-9:15 Pilates Studio 7 Liza 12:00-12:45 Y-Cycle Cycling Studio Kim 9:15-10:15 BODYPUMP Studio 7 Janny N 2:00-2:45 SSFP Yoga Studio 7 Kim 10:30-11:30 BODYPUMP Studio 7 Janny N 2:200-2:45 SSFP Yoga Studio 7 Kim 10:30-11:30 BODYPUMP Studio 7 Janny N 5:25-6:10 Step X-press Studio 7 Kim 10:30-11:30 BODYPUMP Studio 7 Gina 5:30-6:30 Y-Cardio Funk Studio 7 Nico 7 Janny N Studio 7 Studio 7								
9:00-10:00 Y-Cycle Cycling Studio Jim FRIDAY 9:15-10:15 Y-Chisel Studio 7 Gina 5:30-6:15 Boot Combat SC Studio 7 Studio 6 9:15-10:15 Zumba Studio 6 Studio 2 Deb 6:30-6:50 Y-Core Studio 7 Studio 6 Studio 7 Studio 7 Studio 7 Studio 6 Studio 7 St					6:30-7:30	BODACOWBAI	Studio /	Marie
9:15-10:15 Y-Chisel Siudio 6 Karen AM 9:15-10:15 Zumba Studio 7 Gina 5:30-6:30 BODYPUMP Studio 7 Shanda 9:15-10:10 Xtricity strYkeForce SG Studio Lonnie 5:30-6:30 BODYPUMP Studio 7 Shanda 10:30-11:30 BODYCOMBAT Studio 6 Steve 8:00-9:00 Senior Fitness Studio 7 Shanda 10:30-11:30 SSFP Circuit Studio 7 Karen 8:15-9:15 Pilates Studio 7 Studio 7 PM SSFP Yoga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Eva 2:00-2:45 SSFP Yoga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 7 Gina 5:20-6:15 BODYPUMP Studio 6 Stacy 10:30-11:30 BODYPUMP Studio 7 Gina 5:30-6:15 Voga Studio 7 Nicole 1:30-12:30 Yoga Studio 7 Kim 5:30-6:15 Voga Studio 7 Nicole Si-6:15 Adut Hip-Hop Studio 6 Atino 5:30-6:15								
9:15-10:15 Zumba Studio 7 Gina SG Studio 2 Deb 5:30-6:15 Boot Combat Studio 6 Rotation 7 Shanda 9:15-10:0 Xtricity strYkeForce Studio 2 Deb 5:30-6:15 BOOYPUMP Studio 6 Rotation 7 Shanda 10:30-11:30 SSFP Circuit Studio 7 Karen 8:15-9:15 Pilates Studio 7 Liza 10:00-12:45 Y-Cycle Cycling Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Eva 10:00-12:45 SSFP Voga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Karen 5:30-6:15 Total Gym Advanced Studio 7 Nicole 11:30 BODYPUMP Studio 7 Sue E 5:30-6:15 Total Gym Advanced Studio 7 Nicole 11:30 BODYPUMP Studio 7 Sue E 5:30-6:15 Cardio Funk Studio 7 Nicole 11:30 BODYPUMP Studio 7 Sue E 5:30-6:15 Cardio Funk Studio 7 Joy Studio 7 Joy Studio 7 Studio 7 Joy Studio 7 Joy Studio 7 Studio 7 Joy Studio 6 Karen 9:00-10:00 Y-Cycle Cycling Studio 7 Joy Studio 7 Joy Studio 6 Karen 9:00-10:00 Y-Cycle Cycling Studio 7 Joy Studio 7 Joy Studio 6 Karen 9:00-10:00 Y-Cycle Cycling Studio 7 Joy Studio 6 Karen 9:00-10:00 Y-Cycle Cycling Studio 7 Joy Studi		•			FRIDAY			
9:15-10:15 Zumba Studio 7 Gina 5:30-6:15 Bot YPUMP Studio 6 Rotation 0:05-11:05 Yoga Studio 2 Deb 5:30-6:30 PC-Ore Studio 7 Shanda 10:30-11:30 BODYCOMBAT Studio 7 Studio 7 Shanda Studio 7 Liza PM SSFP Circuit Studio 7 Kiraren 8:15-9:15 Pilates Studio 7 Liza 12:00-12:45 Y-Cycle Cycling Studio 7 Kiraren 9:15-10:15 BODYPUMP Studio 7 Jenny N 2:00-2:45 SSFP Yoga Studio 6 Stacy 10:30-11:30 BODYPUMP Studio 7 Jenny N 2:00-2:45 SSFP Yoga Studio 6 Jeanne 11:30-11:30 BODYPUMP Studio 7 Jeanne 5:30-6:15 Total Gym Advanced Studio 7 Nicole Studio 7 Sina 5:30-6:15 V-Cycle Cycling Studio 7 Nicole Studio 7 Studio 7 Studio 7 5:30-6:15 Cardio Funk Studio 7	9: 15-10: 15	Y-Chisel	Studio 6	Karen	AM			
9:15-10:10Xtricity strYkeForceSG StudioLonnie5:30-6:30BODYPUMPStudio 6Rotation10:05-11:30SODYCOMBATStudio 2Deb6:30-6:50Y-CoreStudio 7Liza10:30-11:30SSFP CircuitStudio 7Karen8:00-9:00Senior FitnessStudio 7Liza10:00-12:45Y-CycleCycling Studio 7Kim9:00-10:00Y-CycleCycling Studio 7Karen12:00-12:45SSFP VogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Karen12:00-12:45SSFP VogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Karen2:00-2:45SSFP VogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Karen2:00-2:45SSFP VogaStudio 6Starey10:30-11:20ZumbaStudio 7Gina2:20-2:45SSFP VogaStudio 6Starey10:30-11:20ZumbaStudio 7Gina5:25-6:10Step X-pressStudio 6Staren11:30-12:30YogaStudio 7Kim5:30-6:30YogaStudio 7Studio 7Studio 7Studio 7Kim6:30-7:00Y-CycleCycling Studio 1Studio 7Studio 7Kim6:30-7:10BODYPUMPStudio 6Geren8:00-9:05Step/BODYSTEPStudio 6Rotation6:30-6:15Cardio FusionGymAbduai8:05-9:05Step/BODYSTEPStudio 7Rotation6:30-7:10BODYPUMPStud	9: 15-10: 15	Zumba	Studio 7	Gina		Boot Combat	SG Studio	Shanda
10:05-11:05YogaStudio 2Deb6:30-6:50Y-CoreStudio 7Shanda10:30-11:30BODYCOMBATStudio 7Karen8:00-9:00Senior FitnessStudio 7LizaPM12:00-12:45Y-CycleCycling Studio Kim9:15-10:15BODYPUMPStudio 6Eva12:00-12:45SSFP YogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Eva12:00-12:45SSFP YogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Karen2:00-2:45SSFP YogaStudio 6Stacy10:30-11:20ZumbaStudio 7Gina2:30-6:15Total Gym AdvancedStudio 6Jeanne11:30-12:30YogaStudio 7Sue E5:30-6:30Y-Cardio FunkStudio 7Nicole1:00-11:45SSFP YogaStudio 7Kim5:30-6:30Y-Cardio FunkStudio 7JoyStudio 7Sue EStudio 7Kim5:30-6:30Y-Cardio FunkStudio 7JoyStudio 7Sue EStudio 7Kim6:30-7:30Y-CycleCycling Studio 17JoyStudio 6AntonioStudio 7Tonia6:40-7:40BODYPUMPStudio 6Jen B8:05-9:05Step/BODYSTEPStudio 6Rotation6:00-7:00BODYPUMPStudio 6Jen B9:05-9:05Step/BODYSTEPStudio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:15-10:15BODYPUMPStudio 7Lizn9:00-9:45 <td>9:15-10:10</td> <td>Xtricity strYkeForce</td> <td>SG Studio</td> <td>Lonnie</td> <td></td> <td></td> <td></td> <td></td>	9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie				
10:30-11:30 BODYCOMBAT Studio 6 Steve 8:00-9:00 Senior Fitness Studio 7 Liza PM Studio 7 Karen 8:15-9:15 Pilates Studio 2 Carrie PM 12:00-12:45 Y-Cycle Cycling Studio 7 Kim 9:15-0:15 BODYPUMP Studio 6 Eva 1:00-12:45 SSFP Yoga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Karen 2:00-2:45 SSFP Yoga Studio 7 Kim 10:30-11:30 BODYPUMP Studio 6 Karen 5:25-6:10 Step X-press Studio 7 Nicole Janneka PM Studio 7 Studio 6 Studio 7 Studio 7 <	10:05-11:05	Yoga	Studio 2	Deb				
10:30-11:30SSFP CircuitStudio 7Karen8:15-9:15PilatesStudio 2CarriePM12:00-12:45Y-CycleCycling Studio Kim9:05-10:15BODYPUMPStudio 7Karen1:00-12:45SSFP YogaStudio 7Kim9:15-10:15BODYPUMPStudio 7Jenny N2:00-2:45SSFP YogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Karen4:15-5:15BODYPUMPStudio 6Starcy10:30-11:20ZumbaStudio 7Gina5:30-6:15Total Gym AdvancedStudio 7Nicole11:30-12:30YogaStudio 7Kim5:30-6:15Y-Cardio FunkStudio 7Nicole11:30-12:30YogaStudio 7Kim5:30-6:15Adult Hip-HopStudio 6Gwen5:45-6:45ZumbaStudio 7Tomia6:40-7:40BODYCOMBATStudio 7JoyStudio 7TomiaStudio 7Tomia6:30-7:00YKettlebell Interval CircuitStudio 6Gwen5:08-6:9:05Step/BODYSTEPStudio 6Rotation6:00-7:00BODYPUMPStudio 6Jen B9:06-10:00Y-CycleCycling Studio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaStudio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaStudio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaStudio 7 <t< td=""><td>10:30-11:30</td><td>BODYCOMBAT</td><td>Studio 6</td><td>Steve</td><td></td><td></td><td></td><td></td></t<>	10:30-11:30	BODYCOMBAT	Studio 6	Steve				
PM12:00-12:45Y-CycleCycling Studio Kim9:00-10:00Y-CycleCycling Studio Rotation12:00-12:45SSFP YogaStudio 7Kim9:15-10:15BODYPUMPStudio 6Eva12:00-2:45SSFP YogaStudio 7Kim10:30-11:20BODYPUMPStudio 6Karen15:55-6:10Step X-pressStudio 6Stacy10:30-11:20ZumbaStudio 7Gina5:30-6:15Total Gym AdvancedStudio 2Denisse11:30-21:20YogaStudio 7Kim5:30-6:30YogaYogaStudio 6Gwen5:30-6:15Adult Hip-HopStudio 7Kim5:30-6:30YogaStudio 7JongStudio 7JongTomia6:30-7:40BODYCOMBATStudio 6Gwen5:45-6:45Studio 7Tomia6:30-7:30Y-CycleCycling Studio 6Jen B9:00-10:00Y-CycleStudio 6Rotation6:30-7:00Yettlebell Interval CircuitStudio 6Jen B9:00-10:00Y-CycleStudio 6Rotation6:30-7:30Y-CycleCycling Studio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation6:30-7:15Cardio FusionGymAbduai8:09-9:05Step/BODYSTEPStudio 7Rotation8:30-8:50AbsoguitelyStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation9:00-9:45Total GymStudio 6Karen9:00-10:00Y-CycleCycling Studio 6 <t< td=""><td>10:30-11:30</td><td>SSFP Circuit</td><td>Studio 7</td><td>Karen</td><td></td><td></td><td></td><td></td></t<>	10:30-11:30	SSFP Circuit	Studio 7	Karen				
12:00-12:45 Y-Cycle Cycling Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Eva 1:00-1:45 SSFP Yoga Studio 7 Kim 9:15-10:15 BODYPUMP Studio 6 Karen 4:15-5:15 BODYPUMP Studio 7 Kim 10:30-11:30 BODYPUMP Studio 7 Gina 5:30-6:15 Total Gym Advanced Studio 7 Nicole 11:30-12:30 Yoga Studio 7 Studio 7 5:30-6:15 Total Gym Advanced Studio 7 Nicole 11:30-12:30 Yoga Studio 7 Kim 5:30-6:15 Total Gym Advanced Studio 7 Nicole 11:30-12:30 Yoga Studio 7 Kim 6:30-7:00 Y-Cardio Funk Studio 7 Joy Studio 7 Joy Studio 7 Kim 6:30-7:30 Y-Cycle Cycling Studio Jeff SATURDAY Zumba Studio 7 Kim 6:30-7:30 Y-Cycle Cycling Studio 6 Karen 9:00-10:00 Y-Cycle Outdoors Timeka 8:00-9:00 Senor Fitness Studio 7 Kim 9:00-10:00 Y-Cycle	PM							
1:00-1:45SSFP YogaStudio 7Kim9:15-10:15BODYSTEP AthleticStudio 7Jenny N2:00-2:45SSFP YogaStudio 7Kim10:30-11:30BODYPUMPStudio 6Karen4:15-5:15BODYPUMPStudio 6Stacy10:30-11:20ZumbaStudio 7Gina5:25-6:10Step X-pressStudio 3TimekaPMStudio 7Sue E5:30-6:30Y-Cardio FunkStudio 2Denisse5:30-6:15Adult Hip-HopStudio 7Kim5:30-6:30YogaStudio 2Denisse5:30-6:15Adult Hip-HopStudio 7Tomia6:40-7:40BODYCOMBATStudio 7JoyStudio 7TomiaStudio 7Tomia6:30-7:30Y-CycleCycling Studio 6Gwen5:45-6:45ZumbaStudio 7Tomia6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation8:00-9:00Senior FitnessStudio 7Kim9:00-10:00Y-CycleCycling Studio 7Rotation9:05-9:05Step/BODYSTEPStudio 6Karen9:15-10:15BODYPUMPStudio 7Lynda9:05-10:15BODYPUMPStudio 6Karen9:15-10:15BODYPUMStudio 7Lynda9:05-9:05Step/BODYSTEPStudio 7LyndaGwenStudio 7Lynda9:05-9:05BODYPUMPStudio 6Karen9:15-10:15BODYPUMStudio 7Lynda9:05-9:05BODYPUMPSt	12:00-12:45	Y-Cycle	Cycling Studio	Kim		5		
2:00-2:45SSFP YogaStudio 7Kim10:30-11:30BODYPUMPStudio 6Karen4:15-5:15BODYPUMPStudio 6Stacy10:30-11:20ZumbaStudio 7Gina5:25-6:10Step X-pressStudio 7Nicole11:30-12:30YogaStudio 7Sudio 75:30-6:15Total Gym AdvancedStudio 7Nicole11:30-12:30YogaStudio 7Sudio 75:30-6:15Total Gym AdvancedStudio 7Nicole1:00-1:45SSFP YogaStudio 7Kim5:30-6:15YogaStudio 6Gwen5:45-6:45ZumbaStudio 7Tomia6:30-7:30Y-CycleCycling Studio 17JoyStudio 7JoyStudio 7Tomia6:40-7:40BODYCOMBATStudio 7JoyStudio 7JoyStudio 7Tomia6:30-7:30Y-CycleCycling Studio 17JoyStudio 7JoyStudio 7Tomia6:30-7:30Y-CycleCycling Studio 17JoyStudio 7Studio 7Tomia6:30-7:30Y-CycleCycling Studio 2DeniseSto-6:15Adutor Boot CampStudio 6Atotion6:30-7:30Y-CycleCycling Studio 6Jen B8:05-9:05Step/BODYSTEPStudio 7Rotation6:00-7:00BODYPUMPStudio 7Kim9:00-10:00YenbaGymGymGotation8:00-9:00Senior FitnessStudio 7Kim9:00-10:00YenbaGymGymGotation9:00-9:	1:00-1:45							
4:15-5:15 BODYPUMP Studio 6 Stacy 10:30-11:20 Zumba Studio 7 Gina 5:25-6:10 Step X-press Studio 7 Nicole 11:30-12:30 Yoga Studio 7 Sue E 5:30-6:30 Y-Cardio Funk Studio 7 Nicole 10:00-11:45 SSFP Yoga Studio 7 Kim 5:30-6:30 Yoga Studio 7 Nicole 10:00-11:45 SSFP Yoga Studio 6 Antonio 6:30-7:00 YKettlebell Interval Circuit Studio 7 Jouine Studio 7 Jouine Antonio 6:30-7:30 Y-Cycle Cycling Studio 7 Jouine Studio 7 Jouine Studio 7 Tomia 6:30-7:30 Y-Cycle Cycling Studio 7 Jouine Studio 7 Jouine Studio 7 Tomia 8:00-9:00 Senior Fitness Studio 7 Kim Studio 7 Rotation 8:00-9:00 Senior Fitness Studio 7 Kim Studio 7 Rotation 8:00-9:00 Senior Fitness Studio 7 Kim Studio 7 Rotation 9:00-9:45 Total Gym Studi	2:00-2:45	8	Studio 7	Kim				2
5:25-6:10Step X-pressStudio 6Jeanne11:30-12:30YogaStudio 7Stue E5:30-6:15Total Gym AdvancedStudio 3Timeka11:30-12:30YogaStudio 7Sue E5:30-6:30Y-Cardio FunkStudio 2Denisse5:30-6:15Adult Hip-HopStudio 7Kim6:30-7:00YKettlebell Interval CircuitStudio 7JoyStudio 7JoyStudio 7Tomia6:30-7:30Y-CycleCycling Studio 7JoyStudio 7JoyStudio 7Tomia6:30-7:30Y-CycleCycling Studio JeffSATURDAYMStudio 7Rotation6:30-7:30Y-CycleCycling Studio JeffStudio 6RotationRotation6:30-7:30Y-CycleCycling Studio 7Kim8:00-8:45Outdoor Boot CampStudio 7Rotation6:30-7:15Cardio FusionGymAbduai8:05-9:05Step/BODYSTEPStudio 7Rotation8:00-8:00Senior FitnessStudio 6Karen9:00-10:00Y-CycleCycling StudioRotation8:00-9:04Studio 6Karen9:00-10:00ZumbaGymGwmGwm9:15-10:15BODYPUMPStudio 6Karen9:15-10:15BODYPUMPStudio 6Rotation9:15-10:15BODYPUMPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15BODYPUMPStudio 6Karen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:	4:15-5:15	8	Studio 6	Stacy				
5:30-6:15Total Gym Advanced Studio 7Studio 3Timeka NicoleTimeka PMTimeka PMTimeka PMStudio 7Studio 7Studio 7Studio 75:30-6:30Y-Cardio Funk Studio 2Studio 2Denisse Studio 6Studio 2Denisse Studio 6Studio 7Kim6:30-7:00YKettlebell Interval Circuit 6:40-7:40BODYCOMBAT Studio 7Studio 6Gwen Studio 7Studio 7Studio 7Tomia6:30-7:30Y-CycleCycling Studio JeffStudio 7Joy SATURDAYStudio 7Studio 7TomiaWEDNESDAYYCycleCycling Studio 6JeffAMToo-1:45Step/BODYSTEPStudio 7Rotation Rotation 76:00-7:00BODYPUMPStudio 6Jen B Studio 6Studio 7KimStudio 7Rotation Rotation 7Rotation Rotation 78:00-9:00Senior FitnessStudio 6Jen B Studio 6Studio 7Studio 7Rotation Rotation 78:00-9:00Senior FitnessStudio 3Shanda9:00-10:00ZumbaGymGwen Gwen9:00-9:45Total GymStudio 3Shanda9:15-10:15BODYPLOWStudio 6Allison Gym9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Allison Gym9:15-10:15BODYPUMPStudio 6Karen Gycling Studio 1210:30-11:30BODYPUMPStudio 6Allison Gym9:15-10:15BODYPUMPStudio 7Jen <td< td=""><td></td><td></td><td></td><td>2</td><td></td><td></td><td></td><td></td></td<>				2				
5:30-6:30Y-Cardio Funk YogaStudio 7 Studio 2Nicole Denisse1:00-1:45 Studio 7SSFP Yoga Adult Hip-Hop ZumbaStudio 7 Studio 6 Studio 7Kim Antonio Tomia6:30-7:30Y-CycleStudio 7 Studio 7Joy Cycling Studio 7Joy Cycling Studio 7SATURDAYStudio 6 Studio 7Studio 6 Antonio Tomia6:30-7:30Y-CycleVerDNESDAYStudio 7 V-CycleSudio 7 Cycling Studio 6Studio 7 AmStudio 6 JoySATURDAYAMSo 6:15 S:06-15Cardio Fusion Studio 6Gym Studio 6Abduai Jen B S:00-8:05BODYPUMP Studio 7Studio 6 Cycling Studio 7Rotation Outdoors6:00-7:00 S:00-7:00BODYPUMP Studio 6Studio 7 Kim Studio 7Kim AmStudio 7 Studio 7Rotation Rotation S:00-8:058:00-8:05 S:00-9:04Senior Fitness Studio 7Studio 6 KarenKaren 9:00-10:00Studio 7 V-CycleCycling Studio Cycling Studio 7Rotation Rotation S:15-10:159:15-10:15 9:15-10:15BODYPUMP V-CyclingStudio 7 Cycling Studio 7Jen Hen Di 30-11:30BODYPUMP Studio 6 Studio 7Studio 6 Karen Di 30-11:30Studio 7 BODYPUMPStudio 6 Studio 710:00-11:45 10:30-11:30BODYFLOWStudio 7 Studio 7Jen PMMarie Di 30-11:30Studio 7 BODYPUMPStudio 7 Studio 6 Rotation10:00-11:30 10:30-11:30BODYFLOWStudio 6 Studio 7Studio 7 Studio 6 Studio 7Studio 7 <b< td=""><td></td><td></td><td></td><td></td><td></td><td>тоуа</td><td>Studio /</td><td>SUE E</td></b<>						тоуа	Studio /	SUE E
5:30-6:30YogaStudio 2Denisse5:30-6:15Studio 7Studio 6Antonio6:30-7:30Y-CycleStudio 7JoyStudio 7JoyStudio 7Tomia6:30-7:30Y-CycleCycling Studio JeffSATURDAYAMTomiaTomiaMEDNESDAYMM7:00-8:00BODYPUMPStudio 6Rotation6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation8:00-9:00Senior FitnessStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen N10:30-11:30BODYPUMPStudio 6Allison9:15-10:15StrYkeforce LightweightStudio 7Jen N10:30-11:30BODYCOMBATStudio 7Marie10:00-11:30BODYFLOWStudio 7Studio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYPUMPStudio 7Marie10:30-11:30BODYFLOWStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation10:30-11:30BODYFLOWStudio 6Gretchen10:15-11:15BODY							Ctudio 7	Kim
6:30-7:00YKettlebell Interval CircuitStudio 6Gwen5:30-6:15Addit Hip-HopStudio 7Antonio6:30-7:30Y-CycleStudio 7JoySatuble 7JoySatuble 7Tomia6:30-7:30Y-CycleCycling Studio JeffSATURDAYAm7:00-8:00BODYPUMPStudio 6Rotation6:30-7:00BODYPUMPStudio 6Jen B8:00-8:45Outdoor Boot CampOutdoorsTimeka6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling StudioRotation8:30-8:50AbsoglutelyStudio 6Karen9:15-10:15BODYFLOWStudio 7Rotation9:15-10:15BODYPUMPStudio 6Karen9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYSTEPStudio 6Karen9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15Y-CyclingCycling StudioLizSG StudioShanda9:15-10:15BODYPUMPStudio 6Rotation9:15-10:15Y-CyclingCycling StudioLizSG Studio 7Jen10:30-11:30BODYPUMPStudio 7Erin/Eva10:00-11:00Tai ChiStudio 2CathyStudio 7Studio 7MarieStudio 7Marie10:00-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation						0		
6:40-7:40 BODYCOMBAT Studio 7 Joy Studio 7 Formal 6:30-7:30 Y-Cycle Cycling Studio Jeff SATURDAY AM 7 M 7 Studio 6 Rotation 6:00-7:00 BODYPUMP Studio 7 Kim 7:00-8:00 BODYSTEP Studio 7 Rotation 8:00-9:00 Senior Fitness Studio 7 Kim 9:00-10:00 Y-Cycle Cycling Studio Rotation 8:30-8:50 Absoglutely Studio 6 Karen 9:00-10:00 Y-Cycle Cycling Studio Rotation 9:15-10:15 BODYPUMP Studio 6 Karen 9:15-10:15 BODYFLOW Studio 6 Allison 9:15-10:15 BODYPUMP Studio 7 Jen 10:30-11:30 BODYPUMP Studio 6 Allison 9:15-10:15 BODYPUMP Studio 7 Jen 10:30-11:30 BODYPUMP Studio 6 Rotation 9:15-10:15 BODYPUMP Studio 7 Jen 10:30-11:30 BODYPUMP Studio 6 Allison 9:15-10:15 SODYPUMP Studio 7 Jen 10:30-11:30<		-						
6:30-7:30Y-CycleCycling Studio JeffSATURDAYWEDNESDAYAMAM7:00-8:00BODYPUMPStudio 6Rotation5:30-6:15Cardio FusionGymAbduai8:00-8:45Outdoor Boot CampOutdoorsTimeka6:00-7:00BODYPUMPStudio 6Jen B8:00-9:05Step/BODYSTEPStudio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaGymGwen9:15-10:15BODYPUMPStudio 3Shanda9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15Y-CyclingCycling StudioLizStudio 7LyndaAllison9:15-10:15Y-CyclingCycling StudioLizStudio 7Frin/Eva10:00-11:00Tai ChiStudio 7ShandaStudio 7Studio 7Erin/Eva10:30-11:30BODYPUMPStudio 7Studio 7Studio 7Marie10:30-11:30BODYPUMPStudio 7Studio 7Studio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30BODYPUMPStudio					5:45-6:45	Zumba	Studio 7	Tomia
WEDNESDAYAMAMStadio5:30-6:156:00-7:00BODYPUMPStudio 69:00-9:00Senior FitnessStudio 68:30-8:50AbsoglutelyStudio 68:30-8:50AbsoglutelyStudio 68:30-8:50AbsoglutelyStudio 68:30-8:509:00-9:45Total Gym9:15-10:15BODYPUMPStudio 69:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 79:15-10:15BODYPUMPStudio 710:00-11:00Tai Chi10:30-11:30BODYFLOWStudio 6Gretchen10:30-11:30BODYPUMPStudio 6Gretchen11:00-11:30Xtricty CircuitSG StudioShandaPM					SATURDAY			
AM7:00-8:00BODYPUMPStudio 6Rotation5:30-6:15Cardio FusionGymAbduai8:00-8:45Outdoor Boot CampOutdoorsTimeka6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling Studio 7Rotation8:00-9:00Senior FitnessStudio 7Kim9:00-10:00Y-CycleCycling Studio 7Rotation8:30-8:50AbsoglutelyStudio 6Karen9:15-10:15BODYFLOWStudio 7Lynda9:15-10:15BODYPUMPStudio 6Karen9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYPUMPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15F-CyclingCycling StudioLiz10:30-11:30BODYPUMPStudio 7Erin/Eva10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYFLOWStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6Rotation		-	, , , , , , , , , , , , , , , , , , , ,		AM			
AM5: 30-6: 15Cardio FusionGymAbduai8:00-8:45Outdoor Boot CampOutdoorsTimeka6: 00-7: 00BODYPUMPStudio 6Jen B8:05-9:05Step/BODYSTEPStudio 7Rotation8: 00-9: 00Senior FitnessStudio 7Kim9:00-10:00Y-CycleCycling StudioRotation8: 30-8: 50AbsoglutelyStudio 6Karen9:00-10:00ZumbaGymGwen9:00-9:45Total GymStudio 3Shanda9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYPUMPStudio 6Karen10:30-11:30BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15StrYkeforce LightweightSG Studio 2CathyAMStudio 7Erin/Eva10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6Rotation		LT			7:00-8:00	BODYPUMP	Studio 6	Rotation
5:30-6:15Cardio FusionGymAbdual8:05-9:05Step/BODYSTEPStudio 7Rotation6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling StudioRotation8:00-9:00Senior FitnessStudio 7Kim9:00-10:00ZumbaGymGwen9:00-9:45Total GymStudio 6Karen9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYPUMPStudio 6Karen10:30-11:30BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15Y-CyclingCycling Studio LizIo:30-11:30BODYPUMPStudio 7Erin/Eva10:00-11:00Tai ChiStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6 <td< td=""><td></td><td></td><td>0</td><td></td><td></td><td></td><td></td><td></td></td<>			0					
6:00-7:00BODYPUMPStudio 6Jen B9:00-10:00Y-CycleCycling StudioRotation8:00-9:00Senior FitnessStudio 7Kim9:00-10:00ZumbaGymGwen8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaGymGwen9:00-9:45Total GymStudio 3Shanda9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYPUMPStudio 6Karen9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYCOMBATStudio 7Erin/Eva9:15-10:15Y-CyclingCycling StudioLizSUNDAYStudio 7Erin/Eva10:00-11:00Tai ChiStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 6Gretchen10:15-11:15BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6Rotation						•		
8:00-9:00Senior FilnessStudio 7Kim9:00-10:00ZumbaGymGwen8:30-8:50AbsoglutelyStudio 6Karen9:00-10:00ZumbaGymGwen9:00-9:45Total GymStudio 3Shanda9:15-10:15BODYFLOWStudio 7Lynda9:15-10:15BODYPUMPStudio 6Karen9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 7Erin/Eva9:15-10:15Y-CyclingCycling StudioLiz10:30-11:30BODYCOMBATStudio 7Erin/Eva10:00-10:45StrYkeforce LightweightSG StudioShandaSUNDAYMarie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6Rotation						•		
8:30-8:30AbsolutelyStudio 6Karen9:15-10:15BODYFLOWStudio 7Lynda9:00-9:45Total GymStudio 3Shanda9:15-10:15BODYFLOWStudio 6Allison9:15-10:15BODYSTEPStudio 6Karen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYCOMBATStudio 7Erin/Eva9:15-10:15Y-CyclingCycling Studio LizSG Studio ShandaSUNDAYStudio 7Erin/Eva10:00-11:00Tai ChiStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6Rotation						•		
9:10-9:45Total GymStudio 3Shanda9:15-10:15BODYPUMPStudio 6Allison9:15-10:15BODYSTEPStudio 7Jen10:30-11:30BODYPUMPStudio 6Rotation9:15-10:15Y-CyclingCycling Studio Liz10:30-11:30BODYCOMBATStudio 7Erin/Eva10:00-10:45StrYkeforce LightweightSG Studio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 7Marie10:30-11:30Stricity CircuitSG StudioShandaPMStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 6DistriceDistrice							5	
9: 15-10: 15BODYPUMPStudio 6Karen10: 30-11: 30BODYPUMPStudio 6Rotation9: 15-10: 15BODYSTEPStudio 7Jen10: 30-11: 30BODYCOMBATStudio 7Erin/Eva9: 15-10: 15Y-CyclingCycling Studio LizD: 30-11: 30BODYCOMBATStudio 7Erin/Eva10: 00-10: 45StrYkeforce LightweightSG StudioShandaAMStudio 7Steve9: 00-10: 00BODYCOMBATStudio 7Marie10: 30-11: 30BODYFLOWStudio 7Steve9: 00-10: 00BODYCOMBATStudio 7Marie10: 30-11: 30BODYPUMPStudio 6Gretchen10: 15-11: 15BODYPUMPStudio 6Rotation11: 00-11: 30Xtricity CircuitSG StudioShandaPMStudio 6DistriceDistriceDistriceDistriceDistriceDistrice		5						
9: 15-10: 15BODYSTEPStudio 7Jen10: 30-11: 30BODYCOMBATStudio 7Erin/Eva9: 15-10: 15Y-CyclingCycling Studio Liz10: 30-11: 30BODYCOMBATStudio 7Erin/Eva10: 30-11: 30StrYkeforce LightweightSG Studio 2CathyAMAM10: 30-11: 30BODYFLOWStudio 7Steve9: 00-10: 00BODYCOMBATStudio 7Marie10: 30-11: 30BODYPUMPStudio 6Gretchen10: 15-11: 15BODYPUMPStudio 6Rotation11:00-11: 30Xtricity CircuitSG StudioShandaPMCircuit 2Circuit 2Circuit 2Circuit 2Circuit 2Circuit 2								
9: 15-10: 15 Y-Cycling Cycling Studio Liz 10: 00-10: 45 StrYkeforce Lightweight SG Studio Shanda 10: 00-11: 00 Tai Chi Studio 2 Cathy AM 10: 30-11: 30 BODYFLOW Studio 7 Steve 9:00-10:00 BODYCOMBAT Studio 7 Marie 10: 30-11: 30 BODYPUMP Studio 6 Gretchen 10: 15-11: 15 BODYPUMP Studio 6 Rotation 11:00-11: 30 Xtricity Circuit SG Studio Shanda PM Diagona								
10:00-10:45Strykelorce LightweightSc StudioShanda10:00-11:00Tai ChiStudio 2CathyAM10:30-11:30BODYFLOWStudio 7Steve9:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPM						DOD TOOMDAT		
10:30-11:30BODYFLOWStudio 2Studio 2Studio 29:00-10:00BODYCOMBATStudio 7Marie10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPMStudio 7Description	10:00-10:45	StrYkeforce Lightweight		Shanda				
10:30-11:30BODYPUMPStudio 6Gretchen10:15-11:15BODYPUMPStudio 6Rotation11:00-11:30Xtricity CircuitSG StudioShandaPM	10:00-11:00			2				
11:00-11:30 Xtricity Circuit SG Studio Shanda PM	10:30-11:30		Studio 7	Steve				
	10:30-11:30	BODYPUMP	Studio 6	Gretchen		BODYPUMP	Studio 6	Rotation
11:30-12:30 Yoga Studio 2 Deb 12:30-1:30 Yoga Studio 7 Rotation	11:00-11:30	Xtricity Circuit	SG Studio	Shanda				
	11:30-12:30	Yoga	Studio 2	Deb	12:30-1:30	Yoga	Studio 7	Rotation

QUESTIONS? Contact Timeka Boone Group Exercise Coordinator at tboone@ymcamke.org or 414.374.9405

CLASS DESCRIPTIONS

ConneXus Xtricity

The Milwaukee YMCA is the first in the world to introduce programming on the Matrix ConneXus Perimeter System. Be one of the first people to experience the newest innovation in cross circuit and fitness boxing programming. Scientifically engineered to create diversity in your training regimen that will increase your athletic performance. Choose from two distinct platforms maximize the unique training modalities available through this revolutionary ConneXus design.

Fee: (Program runs monthly)

Member	\$25 1 day a week	\$40 2 days a week
Community	\$40 1 day a week	\$60 2 days a week (All Fee Based programs runs monthly)

X-Circuit Training (Cross Circuiting Training):

Parallels- Traditional Interval Circuit training for results based fitness. Our trained and certified instructors will guide participants through stacked layers of progressive training dynamics. Each class will have specific outcome levers to maximize performance during individual work phases. Clear and focused coaching will guide participants as they toggle their training between timed and quantified circuit rounds. This module is perfect for those individuals who are interested in ramping up their work out through high and variable intensity training.

Circuit Breaker-The ultimate evolution in cross training has arrived. Our trained and certified instructors will guide participants through intense multi-layered progressive training dynamics. Each class is uniquely different and designed to catapult participants to a new threshold of athletic performance. Advanced sports specific, explosive power and speed dynamic training modules will help participants barrel through their plateau and increase their overall level of fitness. Expect to be challenged to your physical limits as you power through each circuit. This ADVANCED Performance module is perfect for individuals who have a solid and successful work out regime and want to progress their level of fitness.

Boxing Specific (Fitness Boxing)

strYkeForce!- Impact based Fitness Boxing is has finally arrived! Now you can truly get into the fight with the premier of the Milwaukee YMCA's exclusive Fitness boxing program. Our trained and certified instructors will guide participants through traditional and advanced boxing specific calisthenics, sparring, shadow and heavy bag drills. Each class module will focus on building multiple striking techniques that will help pound through offensive and defensive fight patterns. Participants will be striking (punching) and spotting (holding) a heavy bag through out the work and must be comfortable with impact and partner work phases. This class will change your body and get you Fight ready by increasing your speed, power and endurance. Communal heavy bag gloves will be available for this class, however it is recommended that participants provide their own wraps and gloves. This module is perfect for any one that is looking to diversify their routine.

Total Gym Foundations (Level 1 and 2) 35-45 minutes– This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

TRX[®] **Foundations** month long session that costs \$25.This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect. Class is offered twice a week for the month long session that costs \$25 or Saturdays for once a week for \$15

TRX[®] **Core** This extreme core workout is designed to offer you a mix of strength, core stability and balance exercises using your own bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all levels, ages and abilities. This module will help participants prepare for TRX[®] Cardio Circuit and TRX[®] Fusion. Four week session for \$15

TRX[®] **Core Performance** This 20 minute class will up the intensity a bit from basics but is still a beginner class. The cardio pace is picked up in this class while the core is the main focus the entire time. A twice a week class for the month long session that costs \$25.

Y-Blitz An all out fitness war in only 35 minutes. Blitz will provide the CrossFit style workouts that you are looking for. Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Unlimited Y-Blitz at \$25 per Session.

Y-Chisel This class is designed to strengthen various muscle groups using hand weights, resistance bands and stabilization techniques. A full body workout that builds bone density and reshapes muscle to increase efficiency in daily activities.

Y-Functional Fit Camp Kettle Bell and TRX Suspension training meets indoor boot camp. This class meets 2 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.