

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

WINTER SESSION

(JANUARY 3RD-MARCH 7TH)



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-9:00	Senior Fitness	Studio 7	Kim
8:15-9:15	Slow Flow Yoga	Studio 2	Maral
9:15-10:15	BODYPUMP®	Studio 6	Allison
9:15-10:15	BODYSTEP®	Studio 7	Frances
10:30-11:30	Tai Chi	Studio 7	Sue
10:30-11:30	BODYPUMP®	Studio 6	Lynda
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
5:30-6:30	YCycle	Cycling Studio	Timeka B.
5:30-6:30	BODYCOMBAT®	Studio 7	Jessica E.
5:50-6:50	Zumba	Gym	Trila
6:15-7:15	BODYPUMP®	Studio 6	Jessica G.
6:45-7:45	BODYFLOW®	Studio 7	Jessica E.

TUESDAY

8:00-9:00	BODYPUMP®	Studio 6	Jim
8:15-9:15	Slow Flow Yoga	Studio 2	Maral
9:15-9:45	*Strykeforce	Small Group Studio	Dominique
9:15-10:15	YCycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Liza
9:15-10:15	BODYCOMBAT®	Studio 7	Staff
10:30-11:30	Zumba	Studio 7	Dominique
10:30-11:30	BODYFLOW®	Studio 6	Staff
PM			
1:00-1:45	SSFP Circuit	Studio 7	Kim
5:00-6:00	BODYCOMBAT®	Studio 7	Julie A.
5:30-6:30	YStretch Flow	Studio 2	Denisse
6:15-7:15	Hip Hop Step	Studio 7	Shardae
6:15-7:15	hYped	Studio 6	Nicole

WEDNESDAY

AM			
5:30-6:30	BODYPUMP®	Studio 6	Laura
8:00-9:00	Senior Fitness	Studio 7	Kim
8:15-9:15	Slow Flow Yoga	Studio 2	Maral
9:15-10:15	BODYPUMP®	Studio 6	Eva
9:30-10:30	Yoga	Studio 2	Levy
10:30-11:30	Tai Chi	Studio 7	Sue
10:30-11:30	BODYFLOW®	Studio 6	Eva
(Starting Jan 19th)			
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
6:00-7:00	Zumba®	Studio 7	Tomia

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-9:00	BODYPUMP®	Studio 6	Jim
9:15-10:00	YChisel	Studio 6	Stacy
9:15-10:15	Zumba	Studio 7	Dominique
9:15-10:15	YCycle	Cycling Studio	Jim
10:15-11:15	Yoga	Studio 2	Levy
10:25-11:25	BODYCOMBAT®	Studio 7	Steve
11:35-12:35	BODYFLOW®	Studio 7	Steve
PM			
1:00-1:45	SSFP Circuit	Studio 7	Dawn
5:00-6:00	BODYPUMP®	Studio 6	Jessica E.
5:30-6:30	BODYCOMBAT®	Studio 7	Julie A.
5:30-6:30	YStretch Flow	Studio 2	Denisse
6:15-7:15	BODYFLOW®	Studio 6	Jessica E.

FRIDAY

AM			
5:30-6:30	YCycle	Cycling Studio	Laura
8:00-9:00	Senior Fitness	Studio 7	Frances
9:15-10:15	Power Yoga	Studio 7	Denisse
9:15-10:15	BODYPUMP®	Studio 6	Jim
10:30-11:30	Dance Jam	Studio 6	Doug

SATURDAY

AM			
7:30-8:30	YCycle	Cycling Studio	Laura
8:00-9:00	BODYCOMBAT®	Studio 6	Julie A.
9:00-10:00	Zumba	Gym	Trila
9:05-9:25	YCore	Studio 7	Lynda
9:30-10:30	BODYFLOW®	Studio 7	Lynda
9:30-10:30	BODYPUMP®	Studio 6	Laura

SUNDAY

8:15-9:15	BODYSTEP®	Studio 7	Jenn
9:00-10:00	YCycle	Cycling Studio	Rotation
9:30-10:30	BODYCOMBAT®	Studio 7	Jessica E.
10:15-11:15	BODYPUMP®	Studio 6	Rotation
10:45-11:45	BODYFLOW®	Studio 7	Jessica E.

Please note that this schedule is subject to change. Please check GroupEx Pro for any class changes, subs, and any cancelations. The schedule will be updated as additional classes and programs become available.

Space and equipment will be on a first come, first served basis.
Thank you for continuing to support our YMCA!

***BOLD ASTERISK INDICATES AN ADDITIONAL FEE**

QUESTIONS?

Contact: Brittney Campbell, Group Exercise Coordinator Email: bcampbell@ymcamke.org