



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTHWEST FAMILY YMCA

Schedule and Instructor are subject to change session to session

2017
Nov 6 - Dec 31

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	6:00 am	H.I. I. T	Patty	Med/High	Group	60 min
	8:15 am	AOA Tabata Gold	Rosemary	Low/Med	Group	45 min
	9:15 am	Total Body Strength	Debbie	All Levels	Group	60 min
	10:30 am	Zumba	Kim B	All Levels	Group	60 min
	4:30 pm	Cardio Kickboxing (Gloves optional)	Kristen	All Levels	Group	60 min
	5:30 pm	Zumba	Suzanne	All Levels	Group	60 min
	6:45 pm	Step	Lori	All Levels	Group	60 min
TUESDAY	9:15 am	Les Mills Body Combat	Laura	All Levels	Group	60 min
	10:15am	Les Mills CX Works	Sarah	Med	Group	30 min
	11:30 am	Zumba Gold	JoAnn	Low	Group	60 min
	4:30 pm	Zumba Toning	Suzanne	Med/High	Group	60 min
	5:45 pm	PiYo Live	JoAnn	Med/High	Group	60 min
	7:00 pm	Total Body Strength	Kathy K	All Levels	Group	60 min
WEDNESDAY	6:00 am	Total Body Strength	Marguerite	All Levels	Group	60 min
	9:15 am	Zumba	Suzanne	All Levels	Group	60 min
	10:30am	Barre	Shannon	All Levels	Group	60 min
	4:30 pm	Barre (NEW CLASS)	Shannon	All Levels	Group	60 min
	5:30 pm	Step Interval	Lori/Kathy K	All Levels	Group	60 min
THURSDAY	8:15 am	Active Movers (AOA CARDIO STRENGTH)	Dixie	Low	Group	45 min
	9:15 am	Box TNT (Gloves optional)	Laura/Meryl	Med/High	Group	60 min
	11:30 am	Zumba Gold Toning	JoAnn	Low/Med	Group	60 min
	5:30 pm	Zumba	Kelly K	All Levels	Group	60 min
	6:45 pm	R.I.P.P.E.D.	Ted	Med/High	Group	60 min
	7:45pm	Les Mills CX Works	Ted	Medium	Group	30min
FRIDAY	6:00 am	Circuit Training	Marguerite	Med/High	Group	60 min
	8:00 am	Active Movers (AOA FUNCTIONAL GOLD)	Marguerite	Low	Group	45 min
	9:00 am	Zumba Toning	Suzanne	Med/High	Group	60 min
	10:15 am	Barre	Naiela	Med	Group	60 min
	5:00 pm	Barre	Eileen	Med	Group	60 min
SATURDAY	8:45 am	Les Mills CX Works (see dates) (11/11, 11/25, 12/9, 12/23)	Val	All Levels	Group	30 min
	9:30 am	Les Mills Body Combat (11/11, 11/25, 12/9, 12/23)	Debbie C	All Levels	Group	60 min
	9:30 am	Zumba (11/18,12/2,12/16,12/30)	Kellie	All Levels	Group	60 min
SUNDAY						
	9:30am	Barre	Kristen/Shannon	All Levels	Group	60 min

KIDS FITNESS CLASSES

Mini Me in Motion
Mondays 9:30-10am
SPORT COURT # 3

Kids Dance Party
Fridays 6-6:45pm
Mind/Body studio
(NO CLASS 11/24)

INDOOR STROLLERFIT

TUESDAYS 9:30AM

CLASS WILL MEET ON THE TRACK

CYCLE

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	6:00am	Les Mills RPM	Debbie	Med/High	Cycle	50 min
	8:00am	Cycle 101	Deb G	Low/Med	Cycle	45 min
	10:30am	Spin & Strength (NEW CLASS)	Marguerite	All Levels	Cycle	60 min
	5:30pm	Cycle	Melissa	All Levels	Cycle	60 min
TUES	10:00am	Cycle & Core	Cindy	All Levels	Cycle	60 min
	6:00pm	Cycle	Patty	Med/High	Cycle	60 min
WED	9:30am	Cycle	Jeanette	All Levels	Cycle	60 min
	4:30pm	Les Mills RPM (NEW CLASS)	JoAnn	All Levels	Cycle	60min
	6:00pm	Cycle	Melissa	All Levels	Cycle	60 min
THUR	10:00am	Les Mills RPM	Sarah	Med/High	Cycle	50 min
	5:30pm	Les Mills RPM	Deb C	Med/High	Cycle	50 min
FRIDAY						
	10:00am	Les Mills RPM	Sue R	Med/High	Cycle	60 min
SATURDAY						
	7:00am	Advance Cycle	Gwen	All Levels	Cycle	90 min
	9:30am	Les Mills RPM	JoAnn/Val	Med/High	Cycle	50 min

MIND/BODY

Classes in the MBS are barefoot/socks on classes. Please leave shoes outside of studio.

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	10:30am	Gentle Yoga	Cindy	Low	MBS	60 min
	1:00pm	Gentle Yoga	Kelly	Low	MBS	60min
	6:15pm	Fitness Yoga	MaryBeth	Med/High	MBS	60 min
TUES	10:30 am	Vinyasa Yoga	Joan	All Levels	MBS	60 min
	11:40am	Express Barre	Naiela	All Levels	MBS	40 min
	6:00pm	Vinsaya Yoga	MaryBeth	All Levels	MBS	60 min
WED	10:00am	Tai Chi	Masako	Low	MBS	60 min
	4:30pm	Vinyasa Yoga	Maggie	All Levels	MBS	60 min
	6:00pm	Intro to Yoga	Debbie Drake	Low	MBS	30 min
	7:00pm	Gentle Yoga	Debbie Drake	Low	MBS	60 min
THURS	10:30am	Fitness Yoga	Cindy	All Levels	MBS	60 min
	11:40am	Express Barre	Naiela	All Levels	MBS	40 min
	5:30pm	Pilates	Annie	All Levels	MBS	60 min
	6:30pm	Vinsaya Yoga	Cindy	All Levels	MBS	60 min
FRI	9:00am	Tai Chi	Susan	Low	MBS	60 min
	10:00am	6 wks Advance Tai Chi (12/1, 12/8, 12/15, 12/22, 12/29, 1/5)	Susan	Low	MBA	30 min
SATURDAY						
	9:00am	PiYo Live	Caryn	Med/High	MBS	60 min
SUNDAY						
	11:00 am	6 wks Yoga Sculpt (11/12, 11/19, 11/26,12/3, 12/10, 12/17)	Bridget	Med/High	MBS	60 min