



SUMMER GROUP FITNESS SCHEDULE

NORTHWEST FAMILY YMCA

Schedule and Instructor are subject to change session to session

2017

JULY 3– SEPT. 3 Revised 7/13

| | Time | Class | Instructor | Intensity | Studio | Length |
|------------------|----------|--|-----------------|------------|--------|--------|
| MONDAY | 6:00 am | Cardio 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 | TBS & C | Debbie | All Levels | Group | 60 min |
| | 10:30 am | Zumba | Kellie | 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 (new for the summer) | 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 | TBS&C | Kathy K | All Levels | Group | 60 min |
| WEDNESDAY | 6:00 am | TBS & C | Marguerite | All Levels | Group | 60 min |
| | 9:15 am | Zumba | Kellie | All Levels | Group | 60 min |
| | 10:30am | Barre Body | Shannon | All Levels | Group | 60 min |
| | 5:30 pm | TBS&C | Varies | All Levels | Group | 60 min |
| | 6:45 pm | Step Interval (new for the summer) | Heidi | All Levels | Group | 45 min |
| THURSDAY | 8:15 am | 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 Strength | Marguerite | Med/High | Group | 60 min |
| | 8:00 am | AOA Functional Gold | Marguerite | Low | Group | 45 min |
| | 9:00 am | Zumba Toning | Suzanne | Med/High | Group | 60 min |
| | 10:15 am | Barre Body | Naiela | Med | Group | 60 min |
| | 5:00 pm | Barre Body | Eileen | Med | Group | 60 min |
| SATURDAY | 8:45 am | Les Mills CX Works (see dates) (7/8, 7/22, 8/5, 8/19, 9/2) | Val | All Levels | Group | 30 min |
| | 9:30 am | Cardio Kickboxing (NEW) (7/15, 7/29, 8/12, 8/26) | Meryl | All Levels | Group | 60 min |
| | 9:30 am | Zumba (7/8, 7/22, 8/5, 8/19, 9/2) | Kellie | All Levels | Group | 60 min |
| SUN | 9:30 am | Barre Body | Kristen/Shannon | All Levels | Group | 60 min |



CYCLE

| | TIME | CLASS | INSTRUCTOR | INTENSITY | STUDIO | LENGTH |
|-----------------|---------|--------------------------------|--------------|------------|--------|--------|
| MON | 6:00am | Les Mills RPM | Debbie | Med/High | Cycle | 50 min |
| | 8:00am | Beginner Cycle | Deb G | Low/Med | Cycle | 45 min |
| | 5:30pm | Cycle | Melissa | All Levels | Cycle | 60 min |
| TUES | 9:00am | Cycle & Core (new summer time) | Sue R | All Levels | Cycle | 60 min |
| | 6:00pm | Cycle | Deb S /Patty | Med/High | Cycle | 60 min |
| WED | 9:30am | Cycle | Marguerite | All Levels | Cycle | 60 min |
| | 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 | JoAnn | Med/High | Cycle | 50 min |
| FRIDAY | | | | | | |
| | 10:00am | Les Mills RPM | Sue R | Med/High | Cycle | 60 min |
| SATURDAY | | | | | | |
| | 7:00am | Cycle | Gwen | All Levels | Cycle | 90 min |
| | 9:30am | Les Mills RPM | JoAnn/Val | Med/High | Cycle | 50 min |



MIND/BODY

| | TIME | CLASS | INSTRUCTOR | INTENSITY | STUDIO | LENGTH |
|-----------------|----------|---------------------|------------|------------|--------|--------|
| MON | 10:30am | Gentle Yoga | Kelly | Low | MBS | 60 min |
| | 6:15pm | Yoga | Cathy | All Levels | MBS | 60 min |
| TUES | 10:30 am | Yoga | Sue H | All Levels | MBS | 60 min |
| | 11:40am | Express Barre Body | Naiela | All Levels | MBS | 40 min |
| | 6:00pm | Yoga | MaryBeth | All Levels | MBS | 60 min |
| WED | 10:00am | Tai Chi (NEW) | Masako | All Levels | MBS | 60 min |
| | 4:30pm | Yoga | Debbie D | All Levels | MBS | 60 min |
| | 6:00pm | Intro to Yoga (NEW) | Debbie D | Beginners | MBS | 30 min |
| | 7:00pm | Gentle Yoga | Debbie D | Low | MBS | 60 min |
| THURS | 10:30am | Fitness Yoga | Varies | All Levels | MBS | 60 min |
| | 11:40am | Express Barre Body | Naiela | All Levels | MBS | 40 min |
| | 6:00 pm | Pilates (NEW) | Annie | All Levels | MBS | 60 min |
| FRI | 9:00am | Tai Chi | Susan | Low | MBS | 60 min |
| SATURDAY | | | | | | |
| | 9:00am | PiYo Live | Caryn | Med/High | MBS | 60 min |

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

KIDS FITNESS CLASSES

Zumba for Kids Ages 5+
Mondays 9:30-10:15am
Mind/Body Studio

Kids Dance Party ages 4+
Fridays 6-6:45pm
Mind/Body studio

INDOOR STROLLERFIT

TUESDAYS 9:30AM
CLASS WILL MEET ON THE TRACK

OUTDOOR STROLLERFIT

JULY 6-AUGUST 31
THURSDAY 9:30AM
CLASS WILL MEET ON THE
AT SALT MUSUEM