

EAST AREA FAMILY YMCA

GROUP EXERCISE SCHEDULE

September 11th –November 5th

Monday	Class	Instructor	Level
6:00am-6:30am	CXWORX	Lee P.	Beginner-Advanced
6:00am-7:00am	Yoga Fit(Teen Center)	Linda S	Beginner-Intermediate
7:30am-8:25am	Gentle Yoga	Linda S.	Beginner-Intermediate
8:30am-9:10am	Active Movers	Sandy K.	Beginner-Advanced
9:15am-9:30am	Awesome Abs	Patty R.	Beginner-Advanced
9:30am-10:25am	Body Combat	Patty R.	Beginner-Advanced
10:30am-11:25am	Healthy Back (teen center)	Erin M.	Beginner-Intermediate
10:30am-11:25am	Total Body Strength	Jennifer K.	Beginner-Advanced
11:30am-12:10pm	WERQ	Sandy W.	Beginner-Advanced
12:15pm-12:55pm	Yoga	Paula P.	Beginner-Advanced
1:00pm-1:55pm	Moving for Better Balance	Sandy K.	Beginner-Advanced
2:00pm-3:00pm	Focus on Fitness	Sandy K.	Beginner-Advanced
4:30pm-5:25pm	TurboKick	Betsy L.	Beginner-Advanced
5:30pm-6:25pm	Body Combat	Meredith A.	Beginner-Advanced
6:30pm-7:25pm	Total Body Strength	Colleen D.	Beginner-Advanced
7:30pm-8:30pm	Yoga	Shauna T.	Beginner-Advanced
Tuesday	Class	Instructor	Level
5:45am-6:30am	POUND	Patty R.	Beginner-Advanced
7:30am-8:15am	Zumba Gold	Sandy Jo	Beginner-Advanced
8:30am-9:25am	Focus on Fitness	Kim D.	Beginner-Advanced
9:30am-10:25am	H.I.I.T. Training	Cindy P.	Beginner-Advanced
10:30am-11:25am	Zumba	Lisa P.	Beginner-Advanced
11:30am-12:25pm	NIA	Ellin A.	Beginner-Advanced
12:30pm-1:25pm	Into. To Yoga	Ellin A.	Beginner
3:45pm-4:25pm	Yoga for Kids	Mary H.	Beginner-Advanced
4:30pm-5:25pm	Yoga Fit	Linda S.	Beginner-Intermediate
5:30pm-6:25pm	POUND	Patty R./Marilyn F.	Beginner-Advanced
6:30pm-7:25pm	WERQ	Kelly K.	Beginner-Advanced
7:30pm-8:30pm	Booty Barre	Kelly K.	Beginner-Advanced
Wednesday	Class	Instructor	Level
5:45am-6:25am	Body Combat Express	Meredith A.	Beginner-Advanced
7:30am-8:25am	Chair Yoga	Chris D.	Beginner-Advanced
8:30am-9:25am	Zumba Gold	Sandy W.	Beginner-Advanced
9:30am-10:25am	Total Body Strength	Patty R.	Beginner-Advanced
10:30am-11:25am	POUND	Meredith A.	Beginner-Advanced
10:30am-11:00am	CXWORX(Sports Court 1)	Rachele W.	Intermediate-Advanced
11:30am-12:25pm	NIA	Sheila N.	Beginner-Advanced
1:00pm-1:55pm	Moving for Better Balance	Sandy K.	Beginner-Advanced
2:00pm-3:00pm	Focus on Fitness	Sandy K.	Beginner-Advanced
4:30pm-5:25pm	Body Combat	Meredith A.	Beginner-Advanced
5:30pm-6:25pm	WERQ	Lisa P.	Beginner-Advanced
6:30pm-7:25pm	Total Body Strength	Bev. C	Beginner-Advanced
7:30pm-8:30pm	Yogalates	Colleen D.	Beginner-Advanced

Thursday	Class	Instructor	Level
5:45am-6:40am	Total Body Strength	Patty R.	Beginner-Advanced
7:30am-8:25am	Focus on Fitness	Patty R.	Beginner-Advanced
8:30am-9:25am	Zumba Gold	Paula P.	Beginner-Advanced
9:30am-10:25am	Body Combat	Patty R.	Beginner-Advanced
10:30am-11:25am	WERQ	Niki P.	Beginner-Advanced
11:30am-12:25pm	Chair Yoga	Chris D.	Beginner-Advanced
4:30pm-5:25pm	Yoga	Ellin A.	Beginner-Advanced
5:30pm-6:25pm	POUND	Shauna P.	Beginner-Advanced
6:30pm-7:25pm	3-2-1 Body Blast	Colleen D.	Beginner-Advanced
7:30pm-8:30pm	Zumba	Kelly K.	Beginner-Advanced
Friday	Class	Instructor	Level
6:00am-7:00am	Yoga	Linda S.	Beginner-Intermediate
7:30am-8:25am	Morning Stretch	Karen B.	Beginner-Advanced
8:30am-9:25am	Forever Strong (AOA)	Cindy P.	Beginner-Advanced
9:30am-10:25am	Booty Barre	Maria M.	Beginner-Advanced
10:30am-11:25am	POUND	Patty R.	Beginner-Advanced
11:30am-12:25pm	Zumba	Kelly K.	Beginner-Advanced
12:30pm-1:25pm	NIA	Kathleen C./June M.	Beginner-Advanced
2:00pm-3:00pm	Focus on Fitness	Patty R.	Beginner-Advanced
4:30pm-5:25pm	Zumba Toning	Sandy Jo	Beginner-Advanced
5:30pm-6:25pm	Vinyasa Yoga	Hareen K	Beginner-Advanced
6:30pm-7:25pm	WERQ	Hareen K.	Beginner-Advanced
Saturday	Class	Instructor	Level
7:00am-7:55am	Yoga	Mary H./Linda S.	Beginner-Advanced
8:00am-8:55am	R.I.P.P.E.D.	Meredith A.	Beginner-Advanced
9:00am-9:55am	Booty Barre	Maria M.	Beginner-Advanced
10:00am-10:55am	NIA	Ellin A.	Beginner-Advanced
11:00am-11:55am	Zumba	Lisa P.	Beginner-Advanced
12:00pm-12:55pm	TurboKick	Betsy L.	Beginner-Advanced
Sunday	Class	Instructor	Level
8:30am-9:25am	Yoga	Linda S.	Beginner-Intermediate
9:30am-10:25am	Body Combat	Meredith A.	Beginner-Advanced
10:30am-11:25am	POUND	Lynn K.	Beginner-Advanced

All participants must be 8 years of age or older

