



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTHWEST FAMILY YMCA

2018

Schedule and Instructor are subject to change session to session

July 2—September 2 rev 1

	Time	Class	Instructor	Intensity	Studio	Length
MONDAY	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
	1:00 pm	Enrich Fitness	Mary	Low	Group	60 min
	4:30 pm	Barre	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
	9:30 am	Strollerfit	Shannon	All Levels	Track	60min
	11:30 am	Zumba Gold	Shonna	All Levels	Group	60 min
	4:30 pm	Zumba Toning	Suzanne	Med/High	Group	60 min
	5:45 pm	Cardio Interval	Jeanette	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
	1:00 pm	Enrich Fitness	Gina	Low	Group	60 min
	4:30 pm	Barre	Shannon	All Levels	Group	60 min
THURSDAY	8:15 am	Active Movers	Dixie	Low	Group	45 min
	9:15 am	Box TNT (Gloves optional)	Laura/Nicole	Med/High	Group	60 min
	11:30 am	Zumba Gold Toning	Shonna	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	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
	1:00 pm	Enrich Fitness	Gina	Low	Group	60min
SATURDAY	8:45 am	Les Mills CX Works (see dates) (7/7, 7/21, 8/4, 8/18, 9/1)	Val	All Levels	Group	30 min
	9:30 am	Les Mills Body Combat (7/7, 7/21, 8/4, 8/18, 9/1)	Krista	All Levels	Group	60 min
	9:30 am	Zumba Strong (7/14, 7/28, 8/11, 8/25) NEW CLASS	Shonna	All Levels	Group	60 min
SUNDAY						
	9:30am	Barre	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
	7:30-9:30am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
	10:30am	Spin & Strength	Marguerite	All Levels	Cycle	60 min
TUES	5:30pm	Cycle	Melissa	All Levels	Cycle	60 min
	9:30-11:30am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
	6:00pm	Cycle	Patty	Med/High	Cycle	60 min
WED	9:00am	Cycle (NEW SUMMER TIME HOURS)	Jeanette	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	Val H	Med/High	Cycle	50 min
FRIDAY						
	6-8am	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
	10:00am	Les Mills RPM	Sarah	Med/High	Cycle	60 min
	4-6pm	OPEN CYCLE STUDIO	NONE	All Levels	Cycle	2 hours
SATURDAY						
	9:30am	Les Mills RPM	Val/Danielle	Med/High	Cycle	50 min

Rules and Guideline to using studio during open hours:

- PLEASE SIGN IN WITH FITNESS STAFF IN WELLNESS CENTER
- LIGHTS MUST BE LEFT ON AT ALL TIMES
- BE RESPECTFUL TO OTHERS
- STEREO SYSTEM WILL NOT BE AVAILABLE- BRING YOUR OWN MUSIC/HEADPHONES
- CYCLE AT YOUR OWN PACE AND LEVEL-STAFF WILL NOT BE AVAILABLE

MIND/BODY

	TIME	CLASS	INSTRUCTOR	INTENSITY	STUDIO	LENGTH
MON	9:30 am	Vinyasa Yoga	Samantha	All Levels	MBS	60 min
	10:30am	Gentle Yoga	Samantha	Low	MBS	60 min
	1:00pm	Gentle Yoga	Kelly	Low	MBS	60min
	6:15pm	Fitness Yoga	Samantha	Med/High	MBS	60 min
TUES	10:30 am	Vinyasa Yoga	Sue H	All Levels	MBS	60 min
	11:40am	Express Barre	Naiela	All Levels	MBS	40 min
	6:00pm	Vinyasa Yoga	MaryBeth	All Levels	MBS	60 min
WED	10:00am	Tai Chi	Masako	Low	MBS	60 min
	4:30pm	Vinyasa Yoga	Samantha	All Levels	MBS	60 min
	6:00pm	Vinyasa Yoga	Samantha	All Levels	MBS	60 min
THURS	10:30am	Fitness Yoga	Sybil	All Levels	MBS	60 min
	11:40am	Express Barre	Kristen	All Levels	MBS	40 min
	1:00pm	Gentle Yoga	Sybil	All Levels	MBS	60 min
	5:30pm	Pilates	Gwen	All Levels	MBS	60 min
	6:30pm	Vinyasa Yoga	Maggie	All Levels	MBS	60 min
FRI	10:00am	Tai Chi for Arthritis	Masako	Low	MBS	45 min
	6:00pm	Kid's Dance Class	Amanda	Low	MBS	45 min
SATURDAY						
	9:00am	PiYo Live	Angela/Caryn	Med/High	MBS	60 min