



GROUP EXERCISE FITNESS CLASS SCHEDULE

NORTHWEST FAMILY YMCA

Schedule and Instructor are subject to change session to session

2017

May 1–July 2

Revise 5/12

	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
TUESDAY	6:45 pm	Cardio Endurance	Sarah	High	Group	60 min
	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
WEDNESDAY	7:00 pm	TBS&C	Kathy K	All Levels	Group	60 min
	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
	4:30 pm	Zumba Gold	Suzanne	All Levels	Group	60 min
	5:30 pm	TBS&C	Varies	All Levels	Group	60 min
THURSDAY	6:45 pm	Les Mills Body Combat	Erika	All Levels	Group	45 min
	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
FRIDAY	7:45pm	Les Mills CX Works	Ted	Medium	Group	30min
	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
SATURDAY	5:00 pm	Barre Body	Eileen	Med	Group	60 min
	8:45 am	Les Mills CX Works (see dates) (5/13, 5/27, 6/10, 6/24)	Val	All Levels	Group	30 min
	9:30 am	Les Mills Body Combat (5/6, 5/20, 6/3, 6/17, 7/1)	Deena	All Levels	Group	60 min
SUN	9:30 am	Zumba (5/13, 5/27, 6/10, 6/24)	Kellie	All Levels	Group	60 min
	9:30am	Barre Body	Kristen	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 (NEW TIME)	Melissa	All Levels	Cycle	60 min
TUES	10:00am	Cycle & Core	Sue R	All Levels	Cycle	60 min
	6:00pm	Cycle	Deb S /Patty	Med/High	Cycle	60 min
WED	6:00am	Cycle	Patty	Med/High	Cycle	45min
	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	Deb C	Med/High	Cycle	50 min
FRIDAY						
	6:00am	Les Mills RPM	JoAnn	Med/High	Cycle	50 min
	10:00am	Les Mills RPM	Sue R	Med/High	Cycle	50 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	9:15am	Tai Chi	Jim	Low/Med	MBS	60 min
	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	Yoga	Joan	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	4:30pm	Yoga	Maggie/ Debbie	All Levels	MBS	60 min
	6:00pm	PiYo Live	Caryn	Med/High	MBS	60 min
	7:00pm	Gentle Yoga	Debbie Drake	Low	MBS	60 min
THURS	9:30am	Fit Baby Barre	Shannon	All Levels	MBS	45 min
	10:30am	Fitness Yoga	Cindy	All Levels	MBS	60 min
	11:40am	Express Barre Body	Naiela	All Levels	MBS	40 min
	6:15pm	Yoga	Cindy	All Levels	MBS	60 min
FRI	9:00am	Tai Chi	Susan	Low	MBS	60 min
	10:00am	Advance Tai Chi (6 week class, ends 6/9)	Susan	Med	MBS	30 min
SATURDAY						
	9:00am	PiYo Live (NO CLASS ON 6/3)	Caryn	Med/High	MBS	60 min
SUNDAY						
	12:30pm	Pilates (NO CLASS ON 6/4)	Julia	Low/Med	MBS	60 min

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

KIDS FITNESS CLASSES

Mini Me in Motion (class ends on 6/19)
Mondays 9-9:45am
SPORT COURT # 3

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

INDOOR STROLLERFIT

TUESDAYS 9:30AM

CLASS WILL MEET ON THE TRACK