



GROUP FITNESS SCHEDULE

November 5 - December 30

Included with your membership!

| Monday | Class | Instructor | Location | Level |
|-----------|--------------------------------|------------|-------------------|-------------------|
| 9:15am | Total Strength (60) | Schelly | Group Studio | beginner-advanced |
| 5:30pm | Cycle (60) | Julie | AER A294 | beginner-advanced |
| 5:30pm | Body Combat™ (60) | Kathy | Group Studio | beginner-advanced |
| 6:15pm | Core & Spine (45) | Katy | SRC Multi-Purpose | beginner-advanced |
| 6:35pm | HIIT Training (60) | Terrlicia | Group Studio | beginner-advanced |
| 7:00pm | Yoga (60) | Katy | SRC Multi-Purpose | beginner-advanced |
| Tuesday | Class | Instructor | Location | Level |
| 5:45am | Y-FIT (45) | Jeff | AER A294/Track | beginner-advanced |
| 9:30am | Fall Running Program (90) | Y Coach | Track/Outdoors | beginner-interm |
| 9:15am | Zumba™ (60) | Michelle | Group Studio | beginner-advanced |
| 11:00am | Senior Fitness (60) | Paul | Group Studio | beginner-interm |
| 5:30pm | R.I.P.P.E.D™ (60) | Ted | Group Studio | beginner-advanced |
| 6:35pm | Barre Body™ (60) | Heidi | Group Studio | beginner-advanced |
| 6:35pm | Yoga (60) | Karlie | SRC Multi-Purpose | beginner-advanced |
| 6:35pm | Y-FIT | Jeff | AER A294/Track | beginner-advanced |
| Wednesday | Class | Instructor | Location | Level |
| 5:45am | Fall Running Program (75) | Y Coach | Track/Outdoors | beginner-interm |
| 6:00am | Cycle Circuit (60) | Julie | AER A294 | beginner-advanced |
| 9:00am | Yoga (60) NEW | Paul | Green Room | beginner-advanced |
| 9:15am | Total Strength (60) | Schelly | Group Studio | beginner-advanced |
| 5:30pm | Zumba™ (60) | Deanna | Group Studio | beginner-advanced |
| 6:00pm | Yoga (60) | Paul | SRC Multi-Purpose | beginner-advanced |
| 6:35pm | Intervalocity™ (60) NEW | Heidi | Group Studio | beginner-advanced |
| Thursday | Class | Instructor | Location | Level |
| 5:45am | Y-FIT (45) | Jeff | AER A294Track | beginner-advanced |
| 9:30am | HIIT Training (45) | Kate | Group Studio | beginner-advanced |
| 11:00am | Senior Fitness (60) | Paul | Group Studio | beginner-interm |
| 5:30pm | Cycle (60) NEW | Audie | Group Studio | beginner-advanced |



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| Thursday Cont. | Class | Instructor | Location | Level |
|----------------|-------------------------------|------------|-------------------|-------------------|
| 5:30pm | Willpower & Grace™ (60) | Cindy | SRC Multi-Purpose | beginner-advanced |
| 5:30pm | Y-Cuts (60) | Margaret | Group Studio | beginner-advanced |
| 6:35pm | Yoga (60) | Paul | SRC Multi-Purpose | beginner-advanced |
| 6:35pm | Body Combat™ (60) NEW | Rosie | Group Studio | beginner-advanced |
| 6:35pm | Full Body Conditioning (45) | Terrlicia | AER A294 | beginner-advanced |
| Friday | Class | Instructor | Location | Level |
| 5:45am | Yoga (60) | Katy | Group Studio | beginner-interm |
| 9:15am | Zumba (60) | Marie | Group Studio | beginner-advanced |
| 9:00am | Y-FIT Open WOD(90) NEW | Jeff | AER A294 | interm-advanced |
| 5:00pm | Interval (60) NEW | Maggie | Group Studio | beginner-advanced |
| Saturday | Class | Instructor | Location | Level |
| 7:15am | Barre Body™ (60) | Heidi | Group Studio | beginner-advanced |
| 8:15am | Body Combat™ (60) | Aubrey | Group Studio | beginner-advanced |
| 8:30am | Cycle (60) NEW | Rotation | AER A294 | beginner-advanced |
| 9:15am | Zumba™ (60) | Marie | Group Studio | beginner-advanced |
| 9:30am | Full Body Conditioning (45) | Terrlicia | AER A294 | beginner-advanced |
| 11:15am | Senior Fitness (60) | Dan | Group Studio | beginner-interm |
| Sunday | Class | Instructor | Location | Level |
| 9:15am | Interval (45) | Maggie | Group Studio | beginner-advanced |
| 10:00am | Zumba™ (60) | Deanna | Group Studio | beginner-advanced |