



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

June 6<sup>th</sup> – July 6<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spinning</b> Vanessa 6:00-6:55AM	<b>Sunrise Strength</b> 5:30-5:55AM <b>Cardio Core</b> Patricia 6:00-6:30AM	<b>Spinning</b> Vanessa 5:30-6:25AM	<b>Body Design</b> Patricia 5:30-6:25AM	<b>Tabata</b> Kim 6:00-6:55AM		
<b>Spinning</b> Rebecca 7:00-7:55AM	<b>BODYPUMP™</b> <b>Express</b> Gwen 7:00-7:45AM	<b>Spinning</b> Rebecca 7:00-7:55AM	<b>BODYPUMP™</b> <b>Express</b> Gwen 7:00-7:45AM	<b>Spinning</b> Vanessa 7:00-7:55AM	<b>Tabata</b> Patricia 7:15-8:10AM	<b>***Tai Chi***</b> Deborah 7:30-8:30AM
<b>AOA Stretch</b> Patricia 8:00-8:55AM	<b>AOA</b> Patricia 8:00-8:55AM	<b>AOA Dance Mix</b> Denise 8:00-8:55AM	<b>AOA</b> Mary 8:00-8:55AM	<b>AOA Bend and Stretch</b> Denise 8:00-8:55AM	<b>Cardio-Core Fusion</b> Kara 8:15-9:15AM	<b>BODYPUMP™</b> OR <b>BODYATTACK™</b> Martina OR Cheryl 8:00-8:55AM
<b>Kickboxing</b> Tish 9:00-9:55AM	<b>SprintStep</b> 9:00-9:30AM <b>QuickSculpt</b> Ana 9:30-9:55AM	<b>H.I.I.T.</b> Ana 9:00-9:55AM	<b>Kickboxing</b> Cheryl 9:00-9:55AM	<b>Olympic Challenge</b> Martina 9:00-9:55AM		
<b>Zumba™</b> Jen 10:00-10:55AM	<b>KickBox 45</b> Cheryl 10:00-10:45AM	<b>Vinyasa Flow</b> Lauren 10:00-10:55AM	<b>BODYPUMP™</b> Shelly 10:00-10:55AM	<b>Active Vinyasa</b> Jessica 10:00-10:55AM	<b>Zumba™</b> Julie 10:00-10:55AM	
<b>Senior Strength</b> Mary 11:00-11:55AM	<b>Dancing With Parkinson's</b> 11:00-11:55AM	<b>Adapted Physical Activity</b> 11:00-11:55AM	<b>Senior Strength</b> Mary 11:00-11:55AM	<b>PiYo™</b> Julie 11:00-11:55AM		<b>Active Vinyasa</b> Sharon 11:00-11:55AM
<b>Vinyasa Flow</b> Lauren 12:00-12:55PM	<b>Zumba™</b> Julie 12:00-12:55PM	<b>BODYPUMP™</b> Martina 12:00-12:55PM				
<b>BODYPUMP™</b> Martina 5:30-6:25PM	<b>Cardio-Core Fusion</b> Kara 5:30-6:25PM	<b>Cardio Barre</b> Kara 5:30-6:25PM	<b>Spinning</b> Rebecca OR Vanessa 5:30-6:25PM	<b>Zumba™</b> Jen and Gilda 5:30-6:25PM	<p><b>TREEHOUSE HOURS:</b> MONDAY, WEDNESDAY &amp; FRIDAY: 8:30AM-1:15PM &amp; 4PM-7:30PM</p> <p>TUESDAY &amp; THURSDAY: 8:30AM-1:15PM &amp; 4PM-7:45PM</p> <p>SATURDAY: 8:15AM-12:15PM</p>	
<b>Zumba™</b> Kathy 6:30-7:25PM	<b>Body Blast</b> Dave 6:30-7:25PM	<b>Sunset Vinyasa Flow</b> Karen 6:30-7:25PM	<b>CoreCrush</b> 6:30-6:55PM <b>Corrective Stretching</b> Dave 7:00-7:25PM			

\*Class Notes- **\*\*\*Tai Chi\*\*\*** is held at 2<sup>nd</sup> Beach/Surfers end.

\*Maximum of 26 participants in class. Maximum of 13 participants in Spinning.

\*Reservations are made at the front desk.

\*Classes are subject to substitutions.

\*\*PLEASE DOWNLOAD OUR NEWPORT COUNTY YMCA APP TO STAY UP TO DATE ON SCHEDULE CHANGES\*\*

