



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

August 7th – October 6th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SPINNING. Vanessa 6:00-6:55AM	Sunrise Strength Patricia 5:30-6:25AM	 SPINNING. Vanessa 5:30-6:25AM	Sunrise Strength Patricia 5:30-6:25AM	Tabata Kim 6:00-6:55AM		
 SPINNING. Rebecca/Kara 7:00-7:55AM	 Express Gwen 7:00-7:45AM	 SPINNING. Rebecca/Kara 7:00-7:55AM	 Express Gwen 7:00-7:45AM	 SPINNING. Vanessa 7:00-7:55AM		***Tai Chi*** Deborah 7:30-8:30AM
AOA Strength Patricia 8:00-8:55AM	AOA Dance Mix Denise 8:00-8:55AM	AOA Strength Patricia 8:00-8:55AM	AOA Strength Mary 8:00-8:55AM	AOA Bend & Stretch Denise 8:00-8:55AM	Booty Core Cardio Kara 8:15-9:15AM	 OR LES MILLS BODYATTACK™ Martina OR Cheryl 8:00-8:55AM
Kickboxing Tish 9:00-9:55AM	Step -N- Drills Ana 9:00-9:55AM	HIIT Ana 9:00-9:55AM	LES MILLS GRIT 9:00-9:30AM Kickboxing Cheryl 9:30-9:55AM	Olympic Challenge Martina 9:00-9:55AM		
HIIT Strength Elysha 10:00-10:55AM	KickBox 45 Cheryl 10:00-10:45AM	Vinyasa Yoga Lauren 10:00-10:55AM	 Shelly 10:00-10:55AM	Active Vinyasa Yoga Jessica 10:00-10:55AM	 ZUMBA Julie 10:00-10:55AM	
Senior Strength Mary 11:00-11:55AM	Dancing with Parkinson's 11:00-11:55AM	Adapted Physical Activity 11:00-11:55AM	Senior Strength Mary 11:00-11:55AM	Abs & Stretch Dave 12:00-12:55PM		Yoga Stretch & Strength Sharon 10:00-10:55AM
Vinyasa Yoga Lauren 12:00-12:55PM	Active Vinyasa Yoga Sharon 12:00-12:55PM	 Express & Abs Martina 12:00-12:55PM	Qigong & Meditation Kathy 4:30-5:25PM			
 Martina 5:30-6:25PM	Booty Core Cardio Kara 5:30-6:25PM	Barre Kara 5:30-6:25PM	 SPINNING. Rebecca/Kara 5:30-6:25PM	 ZUMBA Jen and Gilda 5:30-6:25PM		
 ZUMBA Julie 6:30-7:25PM	Qigong & Meditation Kathy 6:30-7:25PM	Vinyasa Yoga Karen 6:30-7:25PM	Yin Yoga Karen 6:30-7:25PM			

TREEHOUSE HOURS:
 MONDAY, WEDNESDAY &
 FRIDAY:
 8:30AM-1:15PM & 4PM-7:30PM
 TUESDAY & THURSDAY:
 8:30AM-1:15PM & 4PM-7:45PM
 SATURDAY:
 8:15AM-12:15PM

*Class Notes- ***Tai Chi*** is held at 2nd 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

